

San Diego Chargers 1997 Defensive Playbook

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2.	56 Void Dogs	4
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1.	Nickel Open I	1
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SAN DIEGO CHARGERS

1997 SCHEDULE

PRESEASON

Sat. Aug. 2	San Francisco	7 pm	KGTV
Sat. Aug. 9	Indianapolis	7 pm	KGTV
Sat. Aug. 16	Houston @ Nashville, TN	5 pm	KGTV
Fri. Aug. 22	@ Minnesota	5 pm	KGTV

REGULAR SEASON

Sun.	Aug. 31	@ New England	10 am	NBC
Sun.	Sept. 7	@ New Orleans	10 am	NBC
Sun.	Sept. 14	Carolina	1 pm	FOX
Sun.	Sept. 21	@ Seattle	1 pm	NBC
Sun.	Sept. 28	Baltimore	1 pm	NBC
Sun.	Oct. 5	@ Oakland	1 pm	NBC
Sun.	Oct. 12	Bye		
Thurs.	Oct. 16	@ Kansas City	5 pm	TNT
Sun.	Oct. 26	Indianapolis	1 pm	NBC
Sun.	Nov. 2	@ Cincinnati	10 am	NBC
Sun.	Nov. 9	Seattle	1 pm	NBC
Sun.	Nov. 16	Oakland	5 pm	ESPN
Sun.	Nov. 23	@ San Francisco	1 pm	NBC
Sun.	Nov. 30	Denver	5 pm	ESPN
Sun.	Dec. 7	Atlanta	1 pm	FOX
Sun.	Dec. 14	Kansas City	1 pm	NBC
Sun.	Dec. 21	@ Denver	1 pm	NBC

Home Games in **Bold**. All kickoffs are Pacific time.

1997	Aug 31	Sept 7	Sept 14	Sept 21	Sept 28	Oct 5	Oct 12	Oct 19	Oct 26	Nov 2	Nov 9	Nov 16	Nov 23	Nov 30	Dec 7	Dec 14	Dec 21
NE	SD	@ IND	NYJ	CHI	bye	@ DEN (Mon)	BUF	@ NYJ	GB (Mon)	@ MINN	@ BUF	@ TB	MIA	IND	@ JAX	PITT	@ MIA (Mon)
NO	@ STL	SD	@ SF	DET	@ NYG	@ CHI	ATL	CAR	SF	bye	@ OAK	SEA	@ ATL	@ CAR	STL	AZ	@ KC
CAR	WASH	@ ATL	SD	KC	SF (Mon)	bye	@ MINN	@ NO	ATL	OAK	@ DEN	@ SF	@ STL	NO	@ DAL (Mon)	GB	STL
SEA	NYJ	DEN	@ IND	SD	@ KC	HOU	bye	@ STL	OAK	@ DEN	@ SD	@ NO	KC	ATL	@ BAL	@ OAK	SF
BAL	JAX	CIN	@ NYG	@ HOU	@ SD	PITT	bye	MIA	@ WASH	@ NYJ	@ PITT	PHIL	AZ	@ JAX	SEA	HOU	@ CIN
OAK	@ HOU	KC (Mon)	@ ATL	@ NYJ	STL	SD	bye	DEN	@ SEA	@ CAR	NO	@ SD	@ DEN (Mon)	MIA	@ KC	SEA	JAX
KC	@ DEN	@ OAK (Mon)	BUF	@ CAR	SEA	@ MIA	bye	SD	@ STL	PITT (Mon)	@ JAX	DEN	@ SEA	SF	OAK	@ SD	NO
IND	@ MIA	NE	SEA	@ BUF	bye	NYJ	@ PITT	BUF (Mon)	@ SD	TB	CIN	GB	@ DET	@ NE	@ NYJ	MIA	@ MINN
CIN	AZ	@ BAL	bye	@ DEN	NYJ	@ JAX	@ HOU	PITT	@ NYG	SD	@ IND	@ PITT	JAX	@ PHIL	HOU	DAL	BAL
SF	@ TB	@ STL	NO	ATL	@ CAR (Mon)	bye	STL	@ ATL	@ NO	DAL	@ PHIL (Mon)	CAR	SD	@ KC	MINN	DEN (Mon)	@ SEA
DEN	KC	@ SEA	STL	CIN	@ ATL	NE (Mon)	bye	@ OAK	@ BUF	SEA	CAR	@ KC	OAK (Mon)	@ SD	@ PITT	@ SF (Mon)	SD
ATL	@ DET	CAR	OAK	@ SF	DEN	bye	@ NO	SF	@ CAR	STL	TB	@ STL	NO	@ SEA	@ SD	PHIL	@ AZ

San Diego Chargers Defensive Philosophy

Our Defensive philosophy will be to ATTACK, HARASS and CONFUSE the opponent so that they cannot effectively move and control the ball. STOP THE SCORE.

Method – How do we accomplish our philosophy?

- I. BE PHYSICALLY AND MENTALLY TOUGH.
 - a. PHYSICAL TOUGHNESS is a result of strength, conditioning and attitude that we will not be whipped. You become physically tough by preparing yourself for battle. Wishing doesn't count.
 - b. MENTAL TOUGHNESS is the ability to concentrate when tired, hustle when you are fatigued and capable to respond when things are not going our way.
- II. KNOW AND EXECUTE YOUR DEFENSE AND THE PROPER FORMATION ADJUSTMENTS.
 - a. Learn your position and take care of your responsibility first. This is done through mental preparation, awareness and discipline.
 - b. Be fundamentally sound in your techniques. Do not guess, and have confidence that your teammate will do his job.
 - c. We can achieve what you want when you apply great effort to:
ALIGNMENT, ASSIGNMENT AND EXECUTION
- III. COMMUNICATE
Communication is **both talking and listening**. Make the proper checks if called upon to do so. Listen for the calls and be alert. Communicate with each other and the coaches.
- IV. HAVE RELENTLESS PURSUIT TO THE BALL - SWARM
THERE IS STRENGTH IN NUMBERS. TURNOVERS ARE ESSENTIAL TO GOOD DEFENSE AND ARE A RESULT OF BEING AROUND THE BALL. WE WILL WIN WHEN WE CONSISTENTLY HAVE MORE THAN THEY DO AROUND THE BALL.
- V. BE A TEAM – TEAM!
Achieve for yourself, achieve for your group, achieve for your team. Allow your abilities to be channeled into a team structure that will bring positive results. Enjoy yourselves. Join together in a common pursuit of excellence. The better each one of you plays the better the entire group plays. Raise your level of expectations. Challenge each other. Don't be afraid to take the plunge.

1997 Defensive Goals

WIN	Patriots	Saints	Panthers	Seahawks	Ravens	Raiders	Chiefs	Colts
Must Keep Score To 19 Points/Less								
Must Allow Less Than 3.8 / Run Att								
Must Allow Less Than 6.0 / Pass Att								
Must Keep 3rd Down Comp. % Below 38%								
No 1st Downs When Backed Up								
Hold Opp. To 50% FG/TD % +20 Yd								
Sack QB 3 Times or 1 Out of Every 15 Att								
Must Get 3 Turnovers								
No Penalties								
Must Not Allow Run Over 20 Yds								
Must Not Allow Long (25+) Pass								
Allow No TDs After Sudden Change Sit.								
Allow No TDs Last Min of Half or Game								
Must Make 5 Big Plays								

1997 Defensive Goals

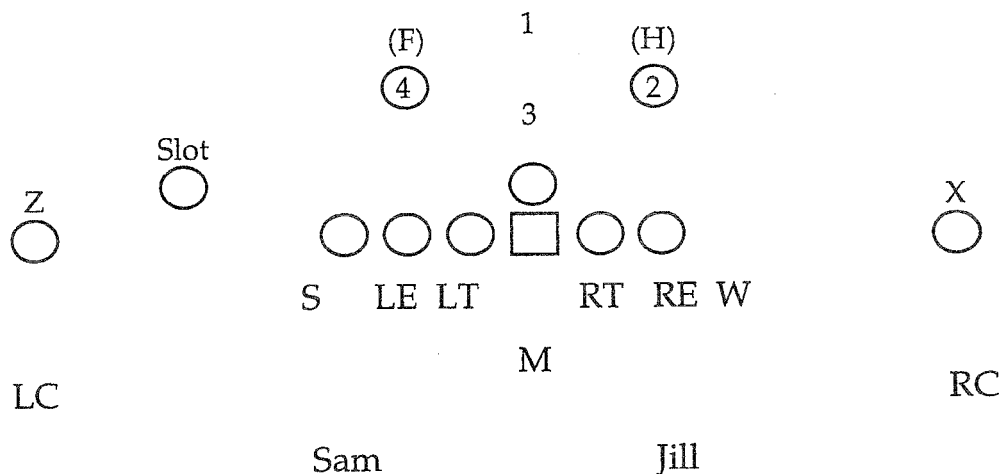
WIN	Bengals	Seahawks	Raiders	49ers	Broncos	Falcons	Chiefs	Broncos
Must Keep Score To 19 Points/Less								
Must Allow Less Than 3.8 / Run Att								
Must Allow Less Than 6.0 / Pass Att								
Must Keep 3rd Down Comp. % Below 38%								
No 1st Downs When Backed Up								
Hold Opp. To 50% FG/TD % +20 Yd								
Sack QB 3 Times or 1 Out of Every 15 Att								
Must Get 3 Turnovers								
No Penalties								
Must Not Allow Run Over 20 Yds								
Must Not Allow Long (25+) Pass								
Allow No TDs After Sudden Change Sit.								
Allow No TDs Last Min of Half or Game								
Must Make 5 Big Plays								

Identification of Offensive Personnel

1

Lion

Red Left



1 = Tailback Position

2 = Defines Position or Back to Open side

3 = Fullback Position (Behind QB)

4 = Defines Position or Back to Shut side

Z = #1 Receiver to Strongside of passing strength

Y = #2 Receiver to Strongside of passing strength

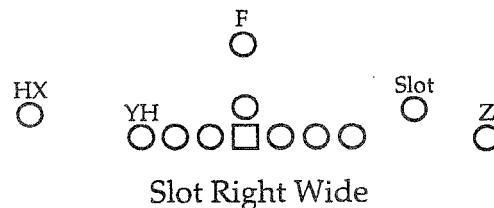
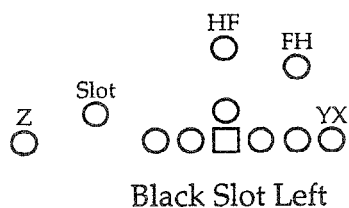
Slot = #2 Wide Receiver to Strongside of passing strength. If Slot or Flop Formation.

F = #3 Receiver to Strongside of passing strength

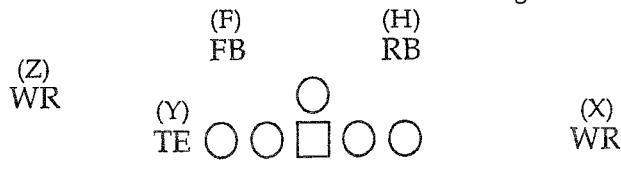
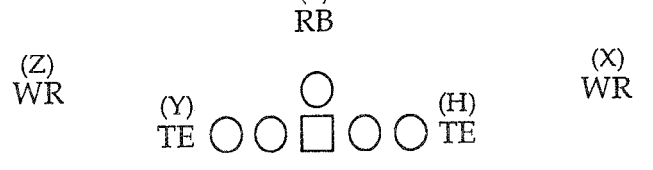
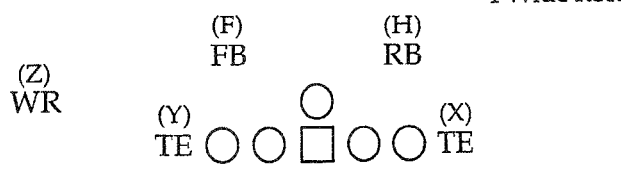
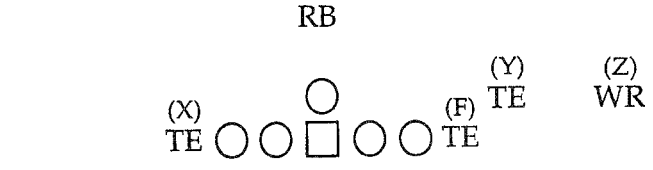
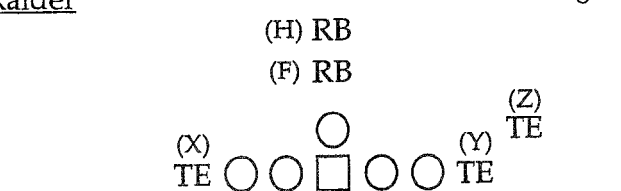
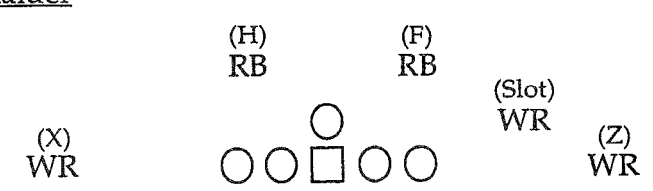
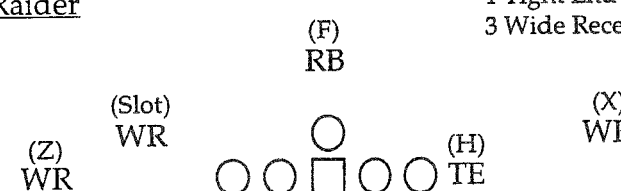
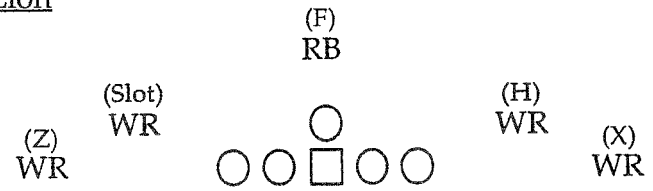
H = #2 Receiver to Weakside of passing strength

X = #1 Receiver to Weakside of passing strength

NOTE: Receiver outside of his normal alignment will always be identified by type of player he is.
Example - Y @ X = YX, H@X = HX.



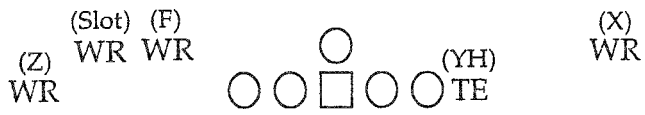
Types of People

<p><u>Regular People</u> <u>Lion</u></p> <p>2 Backs 2 Wide Receivers 1 Tight End</p>  <p>The diagram shows a football formation with a center square and four offensive linemen circles. A quarterback circle is positioned behind the center. To the left, a wide receiver circle is labeled (Z) WR. To the right, a wide receiver circle is labeled (X) WR. A tight end circle on the left is labeled (Y) TE. A fullback circle is labeled (F) FB. A running back circle is labeled (H) RB.</p>	<p><u>Pepper People</u> <u>Lion</u></p> <p>1 Back 2 Tight Ends 2 Wide Receivers</p>  <p>The diagram shows a football formation with a center square and four offensive linemen circles. A quarterback circle is positioned behind the center. To the left, a wide receiver circle is labeled (Z) WR. To the right, a wide receiver circle is labeled (X) WR. A tight end circle on the left is labeled (Y) TE. A fullback circle is labeled (F) RB. A running back circle is labeled (H) RB.</p>
<p><u>2 Tite People</u> <u>Lion</u></p> <p>2 Backs 2 Tight Ends 1 Wide Receiver</p>  <p>The diagram shows a football formation with a center square and four offensive linemen circles. A quarterback circle is positioned behind the center. To the left, a wide receiver circle is labeled (Z) WR. To the right, a wide receiver circle is labeled (X) WR. A tight end circle on the left is labeled (Y) TE. A fullback circle is labeled (F) FB. A running back circle is labeled (H) RB.</p>	<p><u>Heavy People</u> <u>Raider</u></p> <p>1 Back 3 Tight Ends 1 Wide Receiver</p>  <p>The diagram shows a football formation with a center square and four offensive linemen circles. A quarterback circle is positioned behind the center. To the left, a tight end circle is labeled (X) TE. To the right, a tight end circle is labeled (F) TE. A wide receiver circle on the far right is labeled (Z) WR. A fullback circle is labeled (H) RB. A running back circle is labeled (Y) RB.</p>
<p><u>Jumbo People</u> <u>Raider</u></p> <p>2 Backs 3 Tight Ends</p>  <p>The diagram shows a football formation with a center square and four offensive linemen circles. A quarterback circle is positioned behind the center. To the left, a tight end circle is labeled (X) TE. To the right, a tight end circle is labeled (Y) TE. A wide receiver circle on the far right is labeled (Z) WR. A fullback circle is labeled (H) RB. A running back circle is labeled (F) RB.</p>	<p><u>Pro People</u> <u>Raider</u></p> <p>2 Backs 3 Wide Receivers</p>  <p>The diagram shows a football formation with a center square and four offensive linemen circles. A quarterback circle is positioned behind the center. To the left, a wide receiver circle is labeled (X) WR. To the right, a wide receiver circle is labeled (Z) WR. A fullback circle is labeled (H) RB. A running back circle is labeled (F) RB.</p>
<p><u>Poppy People</u> <u>Raider</u></p> <p>1 Back 1 Tight End 3 Wide Receivers</p>  <p>The diagram shows a football formation with a center square and four offensive linemen circles. A quarterback circle is positioned behind the center. To the left, a wide receiver circle is labeled (Z) WR. To the right, a wide receiver circle is labeled (X) WR. A tight end circle on the right is labeled (H) TE. A fullback circle is labeled (F) RB. A running back circle is labeled (Slot) WR.</p>	<p><u>4 Wide People</u> <u>Lion</u></p> <p>1 Back 4 Wide Receivers</p>  <p>The diagram shows a football formation with a center square and four offensive linemen circles. A quarterback circle is positioned behind the center. To the left, a wide receiver circle is labeled (Z) WR. To the right, a wide receiver circle is labeled (X) WR. A fullback circle is labeled (F) RB. A running back circle is labeled (H) RB.</p>

Types of People (cont.)

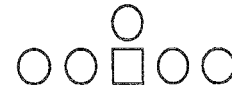
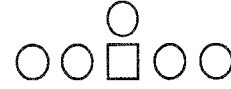
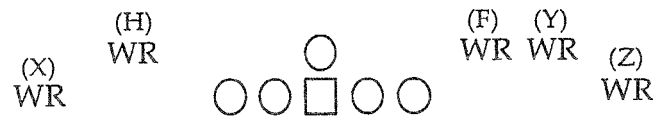
4T People
Raider

4 Wide Receivers
1 Tight End



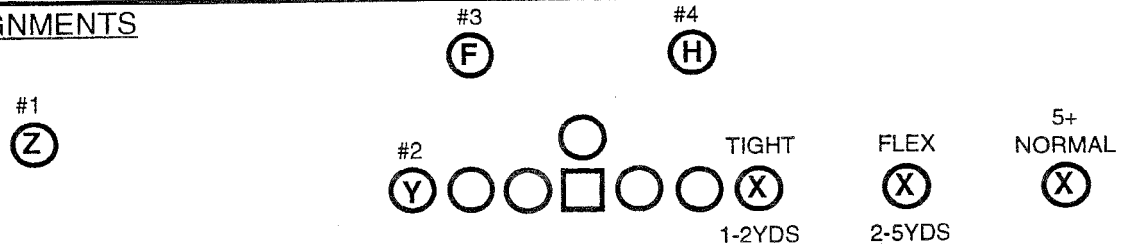
5 Wides People
Raider

5 Wide Receivers

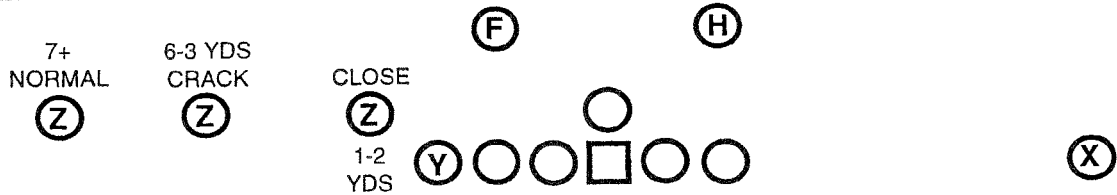


RECEIVER ALIGNMENT TERMS

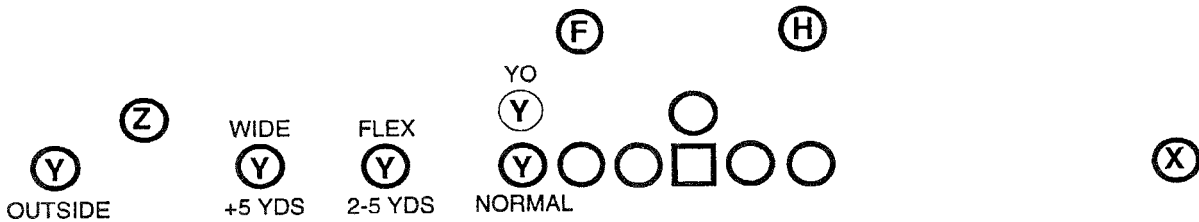
"X" - ALIGNMENTS



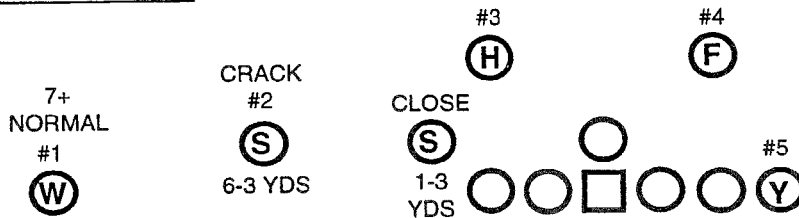
"Z" - ALIGNMENTS



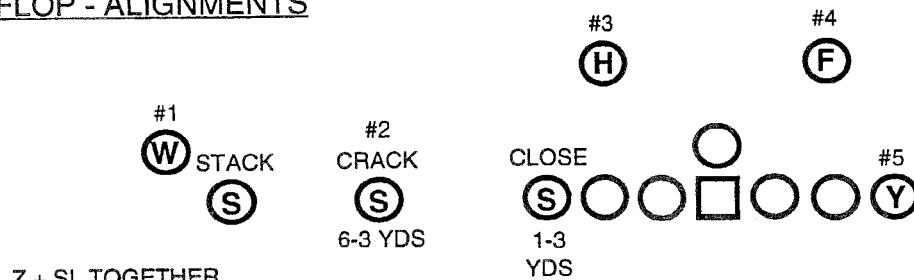
"Y" - ALIGNMENTS



SLOT - ALIGNMENTS

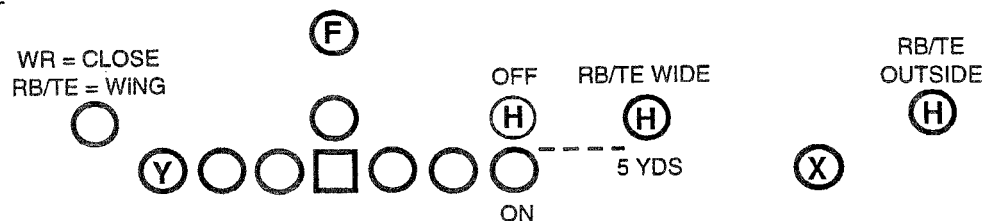


FLOP - ALIGNMENTS



Z + SL TOGETHER

ONE BACK - ALIGNMENTS



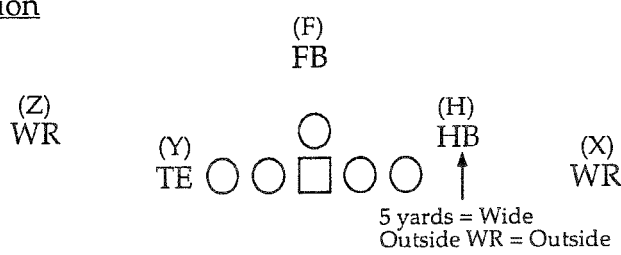
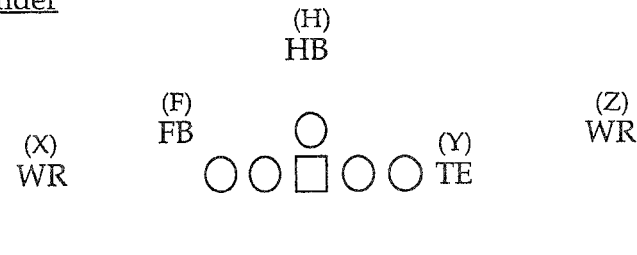
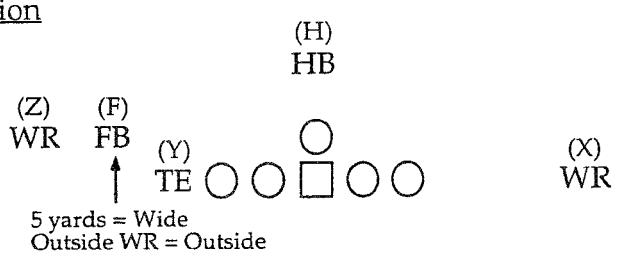
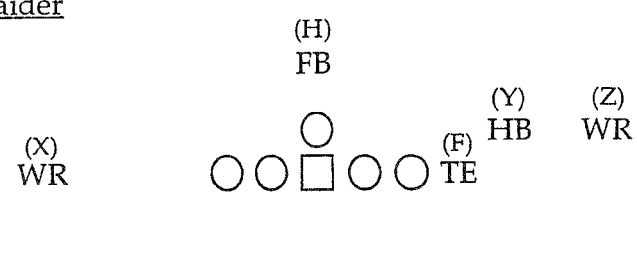
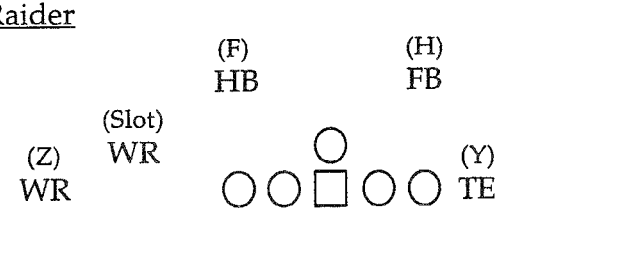
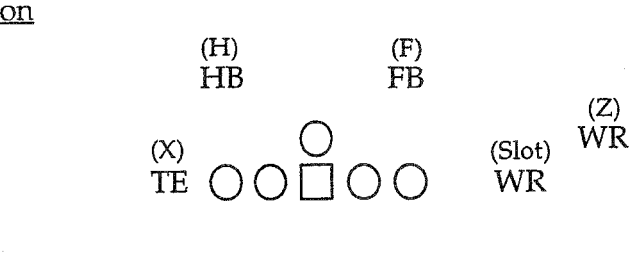
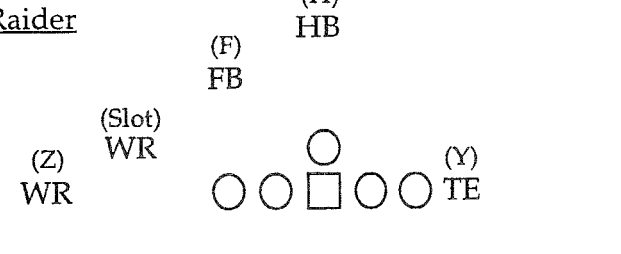
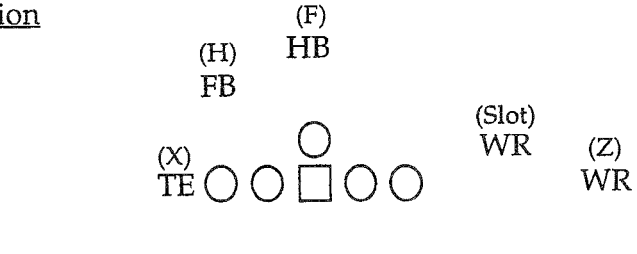
Lion and Raider Call

The alignment of all of our defensive fronts and the execution of most of our stunts and blitzes is determined by TE location. It is therefore necessary for the outside linebackers to make a Lion (Left) or Raider (Right) call on each play to indicate Tight End location. This must be done whether there is one Tight End, multiple Tight Ends or no Tight Ends.

The following rules apply to making the Lion or Raider call.

1. Regular Personnel
If there is one Tight End in the game, the Lion/Raider call goes to that TE whether or not he is on or off the ball.
2. Two Tight End Personnel
The Lion/Raider call goes to the TE on the line. If both Tight Ends are on the line we declare to the side of Z.
3. Pepper Personnel
If both Tight Ends are on the line, we declare to who we determine by game plan is the Stud TE. If one TE is on and one is off we declare to the one that is on regardless of his jersey number. If we have Pepper Slot Trips with both Tight Ends on the line, we always declare away from the Slot.
4. Heavy Personnel
If only one TE is on the line go to that TE. If 2 Tight Ends are on the line go to third Tight End if in a Wing alignment. If 3rd TE is out wide or in a 2 Back look, declare Lion/Raider to the Z.
5. Jumbo Personnel
Declare to third TE who is the Z.
6. Poppy Personnel
Declare to TE side.
7. Pro Personnel
No TE. Declare to 2 WR side.
8. 4 WR
Declare to strength of formation.
Example:
 1. To Trips
 2. Vs Balanced set to the Back
 3. If no offset Back to a specific receiver or by game plan
9. 4T
To the Tight End.
10. 5 WR
To formation strength.

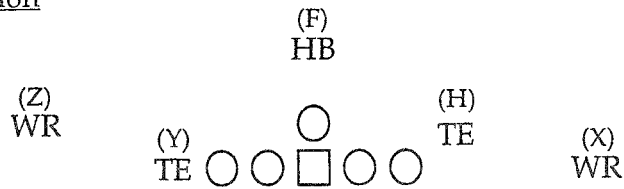
Offensive Formations - Regular Personnel

<p><u>Ace Left</u> <u>Lion</u></p>  <p>(F) FB</p> <p>(Z) WR (Y) TE (H) HB (X) WR</p> <p>5 yards = Wide Outside WR = Outside</p> <p>(HB Up)</p>	<p><u>Ace King Right</u> <u>Raider</u></p>  <p>(H) HB</p> <p>(F) FB (Y) TE (Z) WR</p> <p>(X) WR</p> <p>(FB Up)</p>
<p><u>Trips Wing Left</u> <u>Lion</u></p>  <p>(H) HB</p> <p>(Z) WR (F) FB (Y) TE (X) WR</p> <p>5 yards = Wide Outside WR = Outside</p> <p>(FB Up)</p>	<p><u>Trey Wing Right</u> <u>Raider</u></p>  <p>(H) FB</p> <p>(X) WR (Y) HB (Z) WR</p> <p>(F) TE</p> <p>(HB Up)</p>
<p><u>Red Slot Left</u> <u>Raider</u></p>  <p>(F) HB (H) FB</p> <p>(Z) WR (Slot) WR (Y) TE</p>	<p><u>Green Flop Right</u> <u>Lion</u></p>  <p>(H) HB (F) FB</p> <p>(X) TE (Slot) WR (Z) WR</p>
<p><u>Tan Slot Left</u> <u>Raider</u></p>  <p>(H) HB</p> <p>(F) FB (Slot) WR (Y) TE</p> <p>(Z) WR</p>	<p><u>Black Slot Right</u> <u>Lion</u></p>  <p>(F) HB</p> <p>(H) FB (Slot) WR (Z) WR</p> <p>(X) TE</p>

Offensive Formations - Pepper Personnel

Pepper Ace Left H Off

Lion

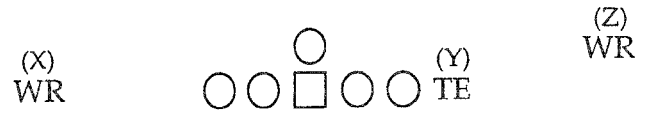


Pepper I Right

Raider

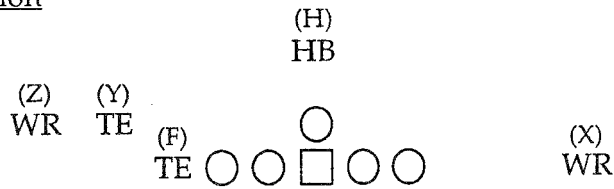
HB (H)

TE (F)



Pepper Trips Wing Left

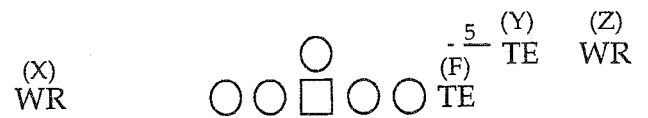
Lion



Pepper Trips Right Wide

(H)

HB

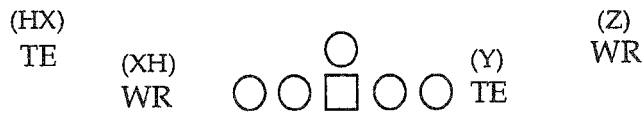


Pepper Ace Right Outside

Raider

(F)

HB

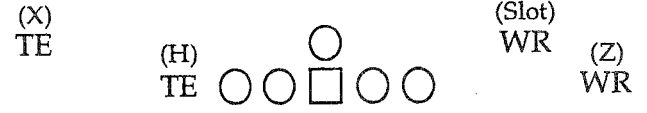


Pepper Ace Slot Right Wide

Lion

(F)

HB

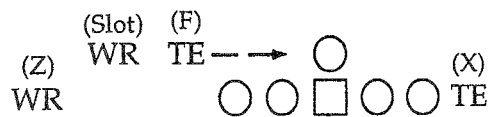


Pepper Trips Slot Left H Off

Raider

(H)

HB

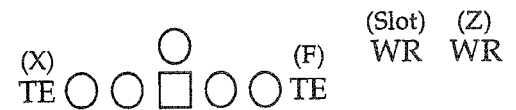


Pepper Trips Slot Right

Lion

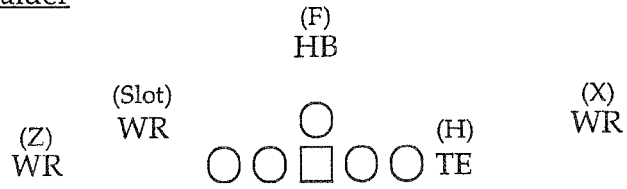
(H)

HB

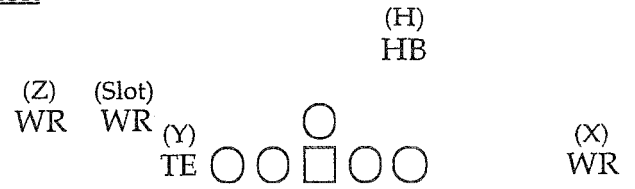


Offensive Formations - Poppy/Pro Personnel

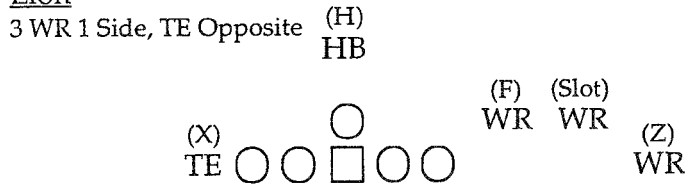
Poppy Slot Left Raider



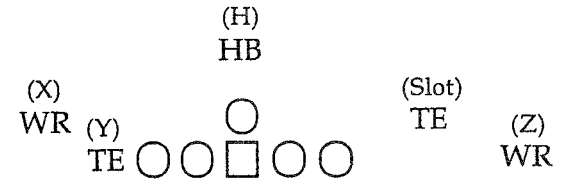
Poppy Trips Left 2 Lion



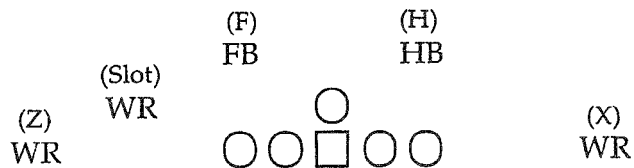
Poppy Trips House Right Lion



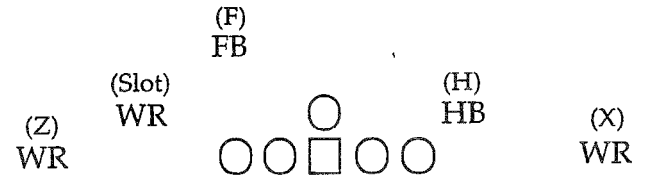
Poppy Slot Right X Close Lion



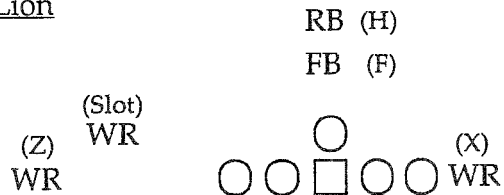
Pro Red Left Lion



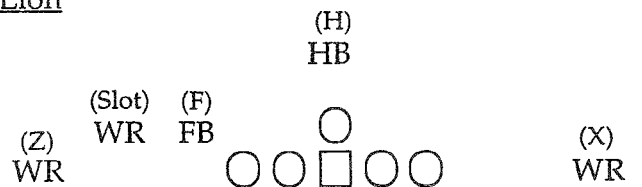
Pro Ace Lt 4 Lion



Pro I Left Near Lion



Pro Trips Left Lion

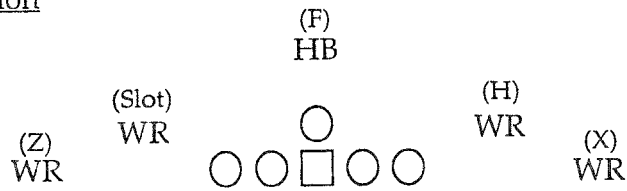


Offensive Formations - 4 Wides/4T/5 Wides Personnel

10

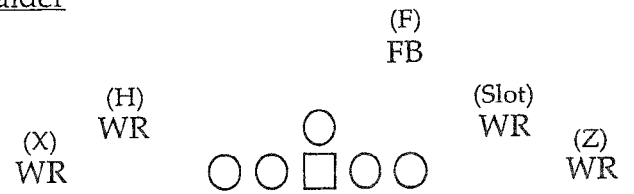
4 Wides Ace Lt

Lion

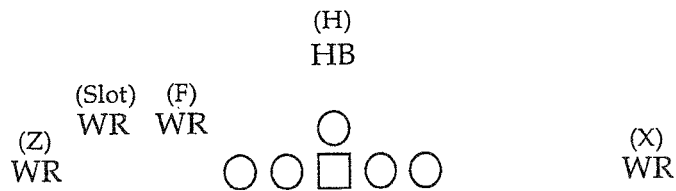


4 Wides Ace Rt 4

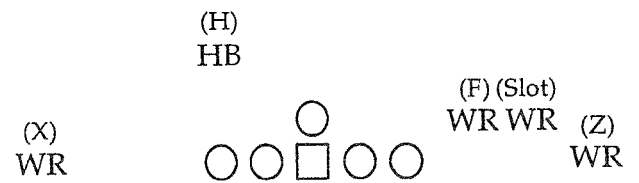
Raider



4 Wides Trips Lt

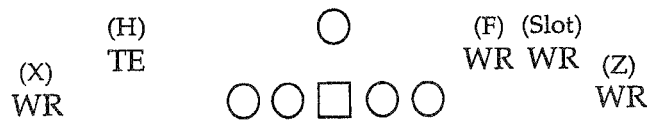


4 Wides Trips Rt 2

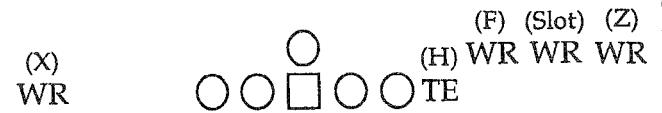


4T SG Trips House Rt

Lion

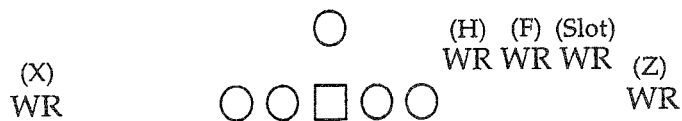


4T Quads Rt



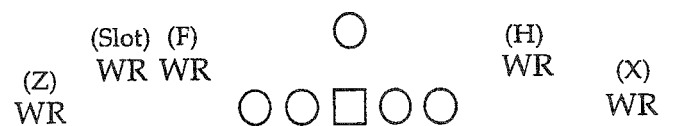
5 Wides SG Quads Rt

Raider



5 Wides SG Trips Lt

Lion

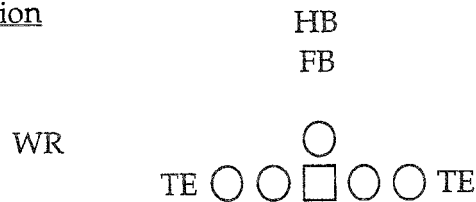


Offensive Formations - 2 Tight/Heavy/Jumbo Personnel

11

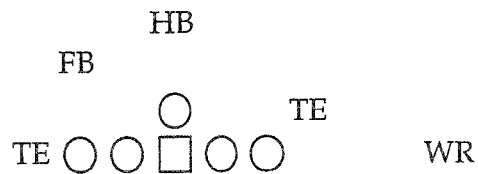
2 Tite I Lt

Lion



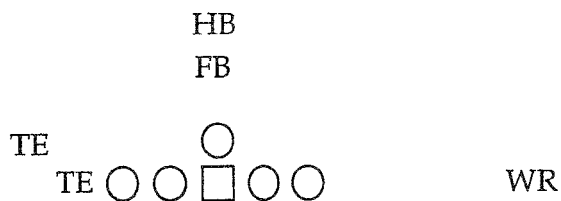
2 Tite Black Rt Y Off

Lion



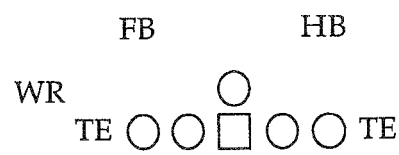
2 Tite I Lt Wing

Lion



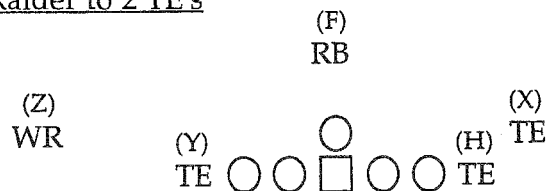
2 Tite Red Lt Close

Lion



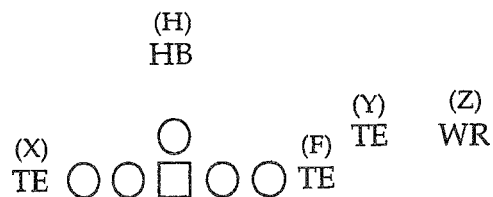
Heavy Ace Lt Wing Rt

Raider to 2 TE's



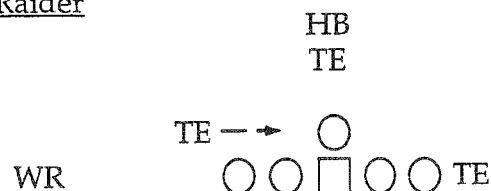
Heavy Trips Wing Rt

Raider



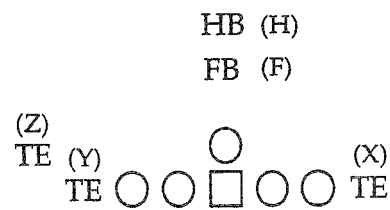
Heavy I Lt Y Off

Raider



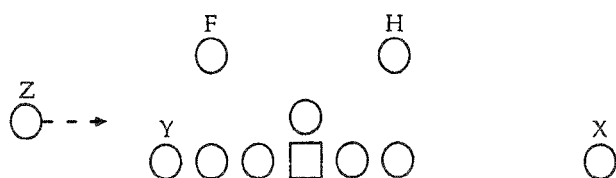
Jumbo I Lt Wing

Lion



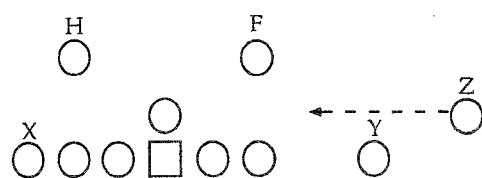
Types of Motion

Zip Motion



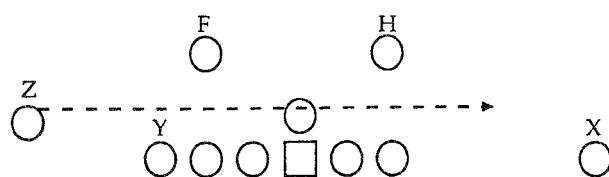
ZIN = ZN

Flop Zip In Motion



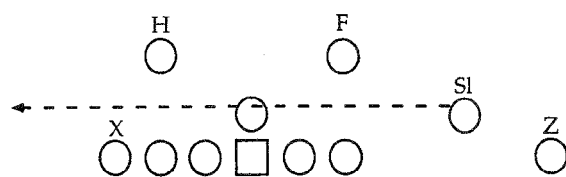
SIN = SN

Zoom Motion (Changes Strength)



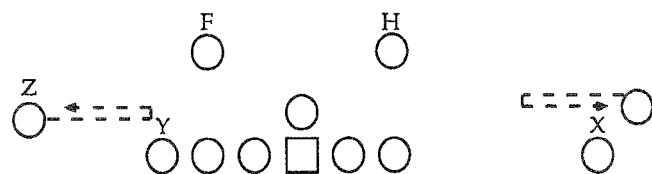
ZOOM = ZM

Slot Zoom Motion (Changes Strength)



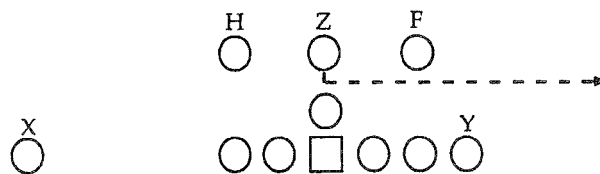
SOOM = SM

Z Orbit Motion



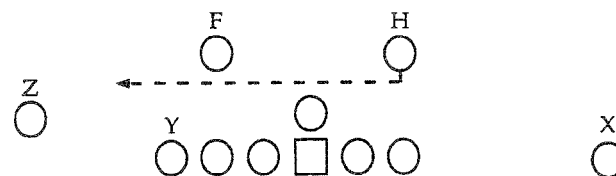
Z ORBIT = ZO

SLOT ORBIT = SO

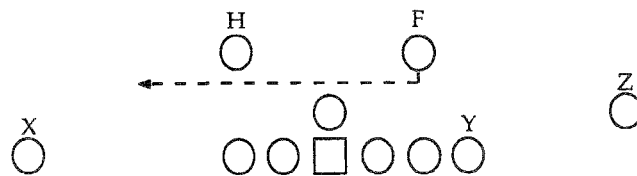
Zoom Motion from Backfield
Full = WR in Backfield

FULL ZOOM = FZ

H Fly Strong Motion



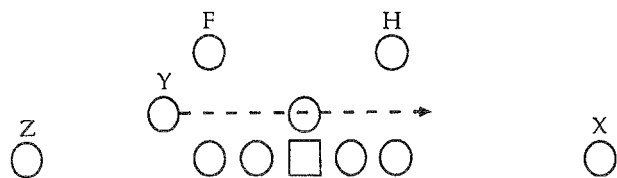
F Fly Weak Motion



Fly - Motion by either Back, H-Back or X
 Fly Weak denotes movement away from 2 receiver side
 Fly Strong denotes movement toward 2 receiver side
 Ex: HFS = H Fly Strong; FFW = F Fly Weak

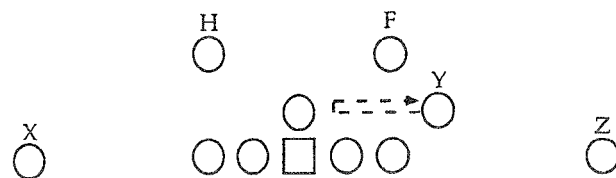
Types of Motion (cont)

Y Zoom

Y Off = Y_0 

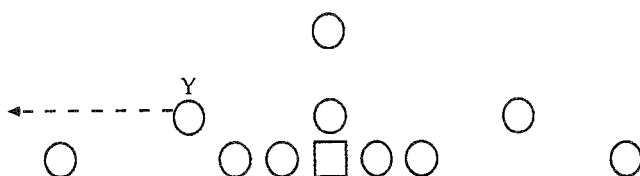
YUM = Y ZOOM

Y Orbit



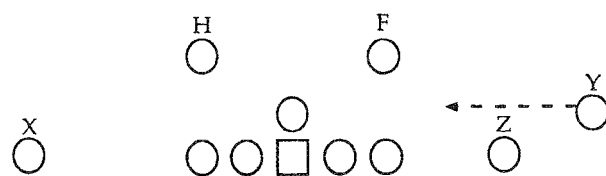
YOR

Y Outside Motion

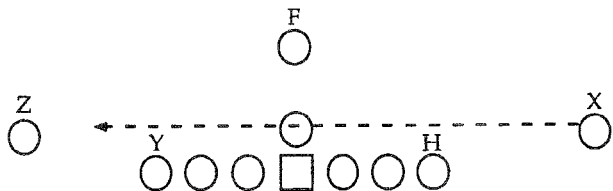


YT

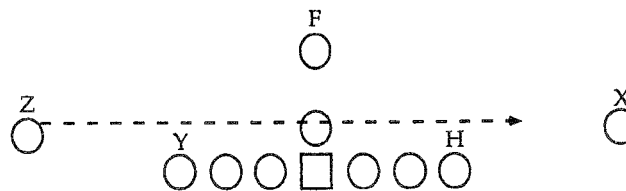
Y In Motion



YN

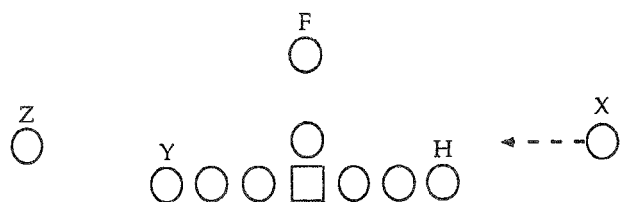
XFS (Fly Strong)
No Change of Strength

"ZONE" = Corner's Anchor

Z Zoom Motion (ZM)
Change of Strength

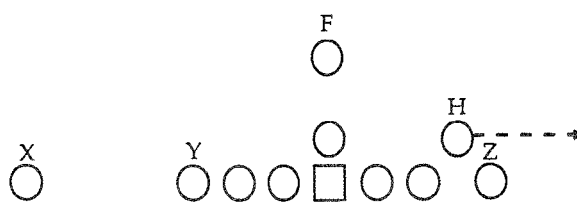
"ZONE" = Corners Adjust

X In Motion



XN

H Outside Motion

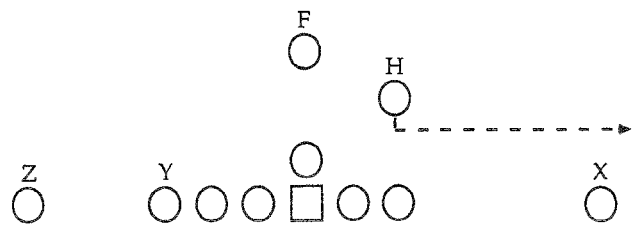


HT

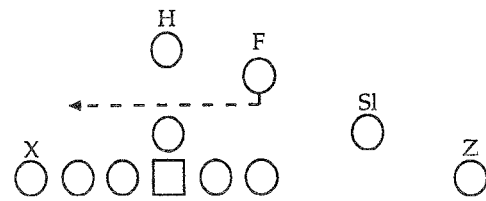
Types of Motion (cont)

14

H Fly Weak



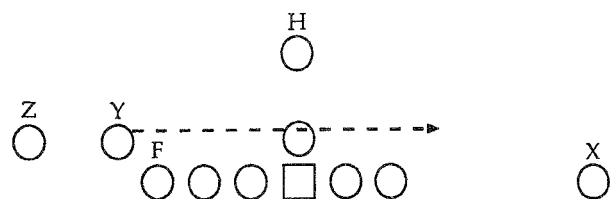
Fly Weak Quick



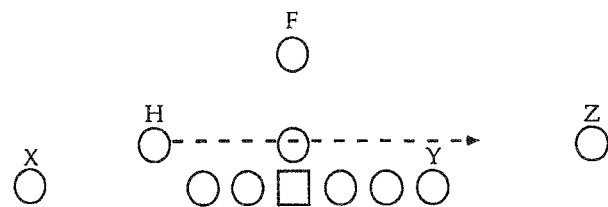
HFW

FQW

Fly Weak



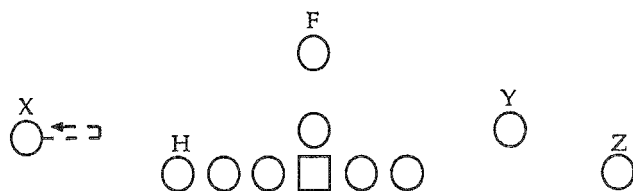
Fly Strong



YFW

HFS

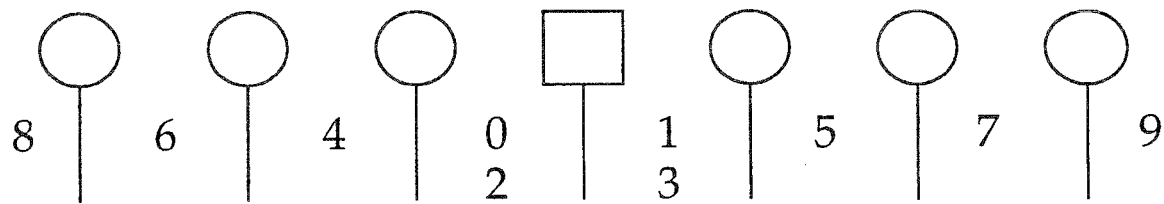
X Orbit



XO

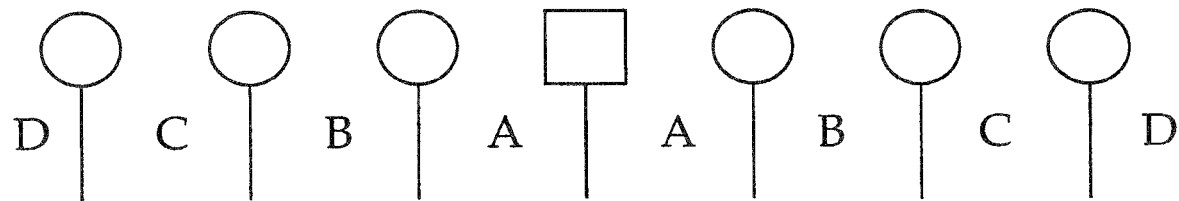


Hole Designation



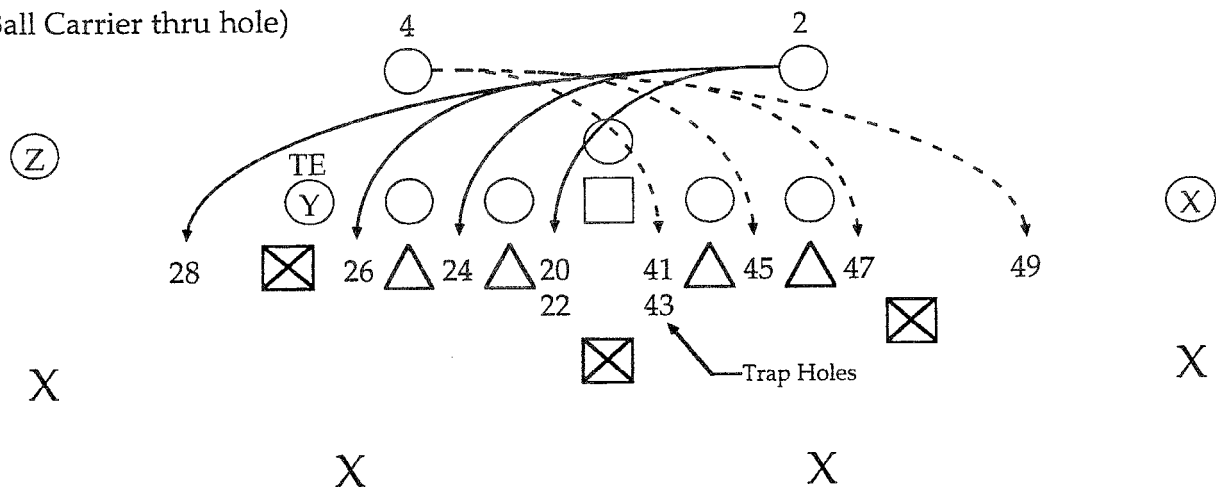
0 - 1 Hole = Conventional Blocking
2 - 3 Hole = Trap Blocking

Gap Control

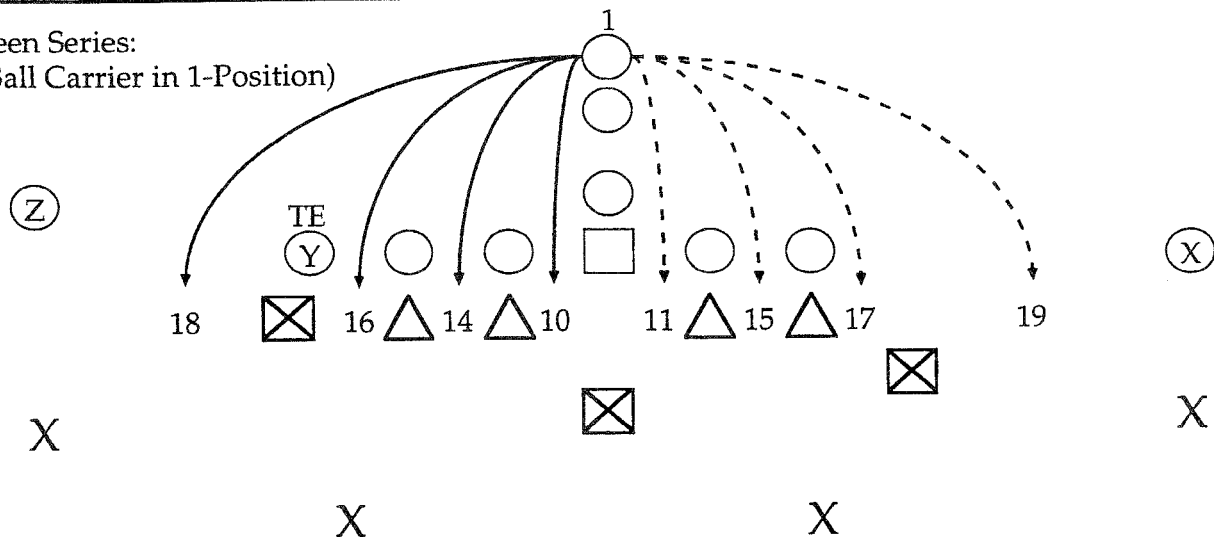


Ball Carrier & Numbering System

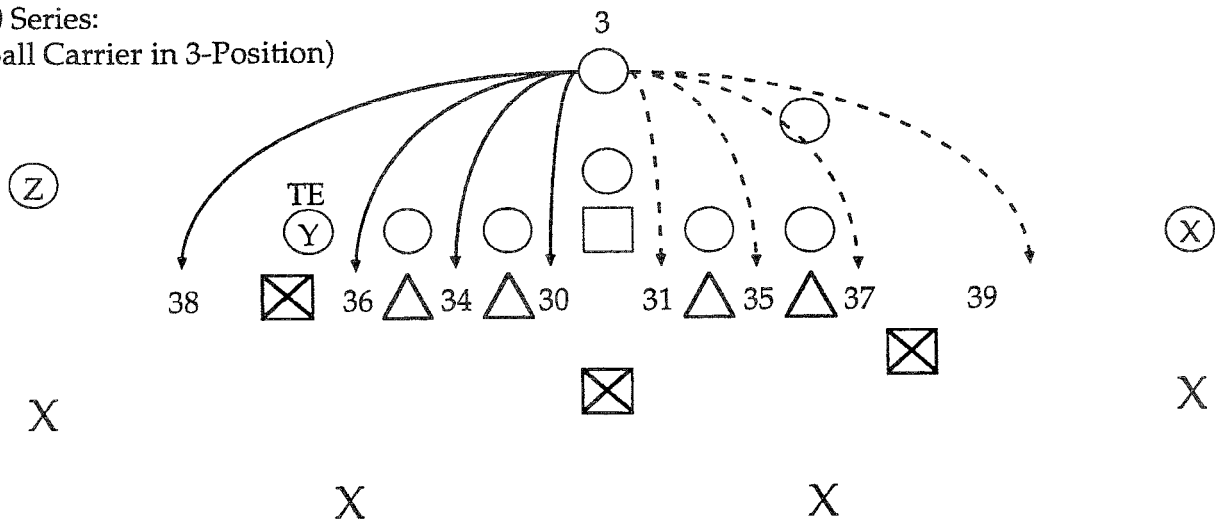
20 & 40 Series:
(Ball Carrier thru hole)



Teen Series:
(Ball Carrier in 1-Position)



30 Series:
(Ball Carrier in 3-Position)



OFFENSIVE RUN SERIES

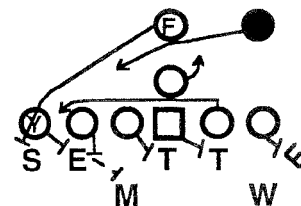
1. When the QB opens up away from the designed point of attack, no action will be noted. (Over ball handling)

CP - QB open to the P.O.A. the action will be noted as Dive.

POWER - Double team at POA. Kick out block and Guard thru.

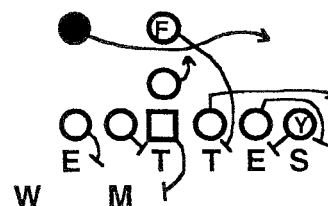
(EXAMPLE)

26 POWER-O



2. **GRACE** - A play designed with the Guard pulling on support with FB replacing Guards blocking assignment.

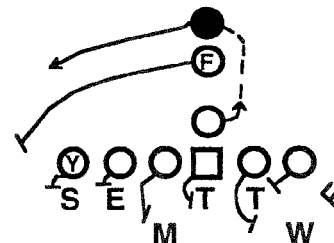
(EXAMPLE) 29 GRACE



3. **TOSS** - A play designed to have the ball tossed by the QB to any Back in the backfield. The running back can be in any position.

Blocking scheme can be added to series.
Example: 18 Toss Tex G

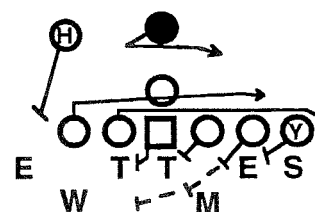
(EXAMPLE) 18 TOSS



4. **CTR** - When the ball carrier takes an influence step away from the point of attack prior to taking the handoff. Often run from One Back sets.

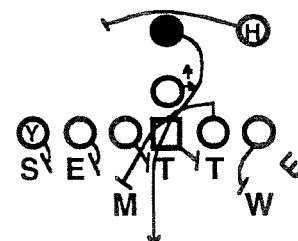
Examples: Ctr OF, Ctr OH

(EXAMPLE) 37 CTR OT



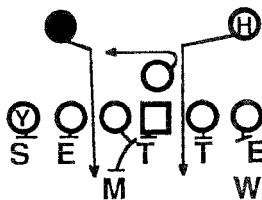
5. **PLUNGE** - This is a series with the FB hitting over the offside Guard as a blocker, faker or a ball carrier with the HB coming to the onside. Cross action by Backs on opposite side of Center.

(EXAMPLE) 30 PLUNGE TRAP

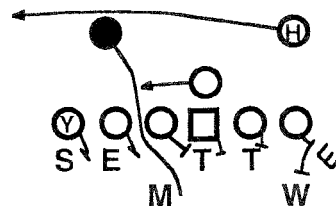


6. **DIVE** - When one or both Backs hit straight ahead into the line and QB opens to ball carrier.

(EXAMPLE) 44 DBL DIVE

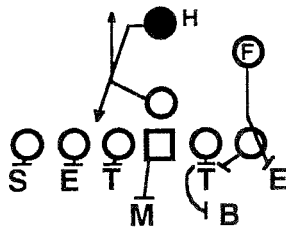


(EXAMPLE) 44 DIVE

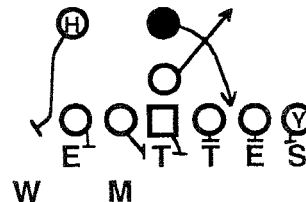


7. **SEAL** - When the ball carrier runs the ball to the TE side and the remaining Back blocks away.

(EXAMPLE) 14 SEAL

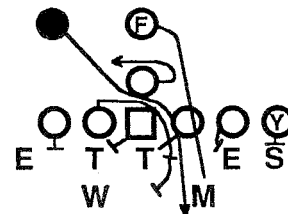


(EXAMPLE) 33 SEAL



8. **PIVOT** - When the QB opens with ride action on a fake and then pivots back around and hands the ball off to another ball carrier. (FB Trap)

(EXAMPLE) 33 PIVOT "O"

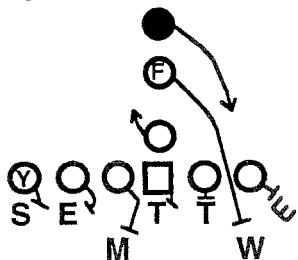


9. **15 LEAD** - When blocking the LB inside and off the line of scrimmage

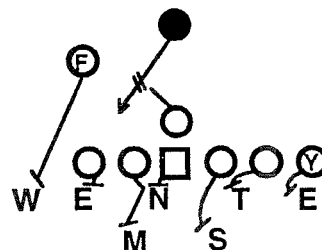
(EXAMPLE)

15 LEAD

Can also be Lead
Draw with pass
look by QB and
Backs

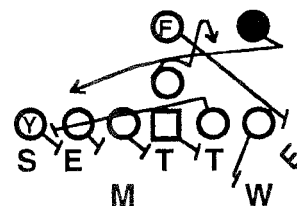


(EXAMPLE) 14 BOB



10. **CROSS** - When the two backs in the backfield run a play with crossing action.

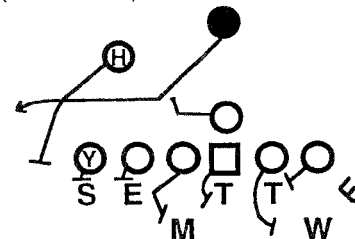
(EXAMPLE) 26 CROSS TRAP



11. **BOUNCE** - A running play designed for the ball carrier to give an initial look of running a Dive play and then dipping outside to a wider hole. This Dip action is predetermined and happens very quick.

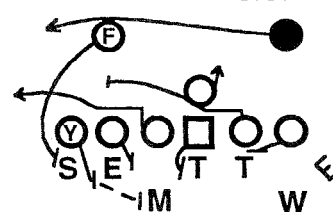
STRETCH - Back starts wide and cuts back

(EXAMPLE) 18 DIVE BOUNCE

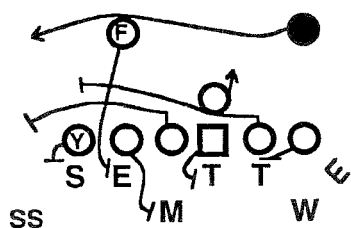


12. **BOSS, BOB, BIM** - This represents an end run that has the same basic look except for the three blocking possibilities of the outside back. If the back blocks the Safety (force) it is called **BOSS**. If he blocks the STUB LBer it is called **BOB** and if he blocks the end it is called **BIM**. This is seen as a sweep play. Usually an over hand off with QB Bootleg possibilities.

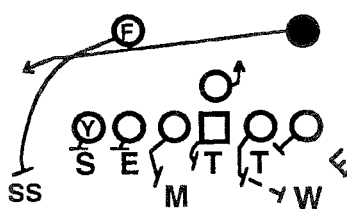
(EXAMPLE) 28 BOB G.O.



(EXAMPLE) 28 BIM G.O.



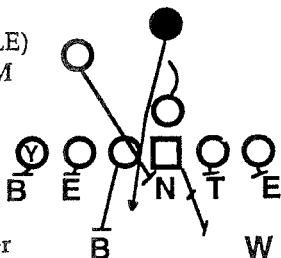
(EXAMPLE) 28 BOSS



13. **WHAM, WHEEL** - This is a run play that is designed to go inside. If the back blocks the Nose or Tackle it is called *Wham*. If Back blocks DE this is called *Wheel*.

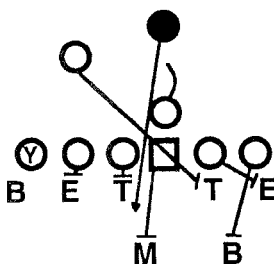
(EXAMPLE) 14 WHAM

vs Under



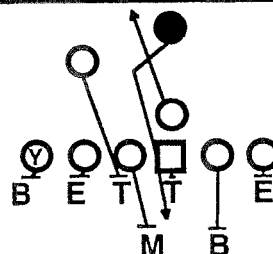
(EXAMPLE) 14 WHAM

vs 43

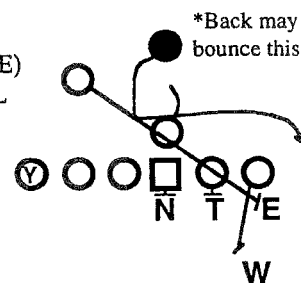


(EXAMPLE) 14 WHAM

vs Over



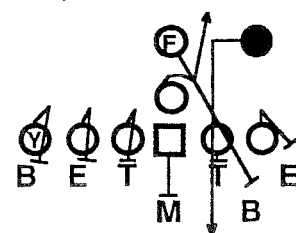
(EXAMPLE) 15 WHEEL



*Back may bounce this

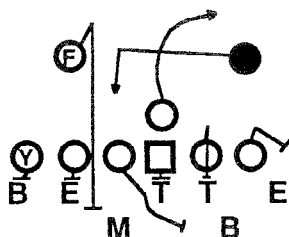
14. **LAG DRAW** - Crossing action by Backs with ball carrier hesitating before hitting hole. QB can give pass look

(EXAMPLE) 25 LAG DRAW

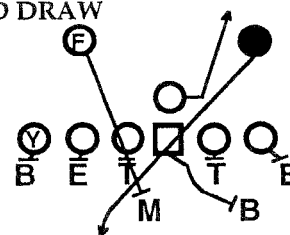


OTHER DRAWS

(EXAMPLE) 24 OVER DRAW



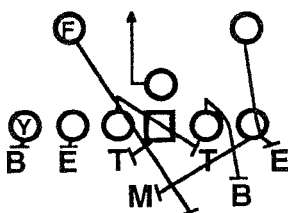
(EXAMPLE) 24 QUICK LEAD DRAW



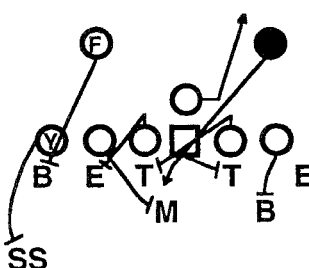
Can also be Trap

15. **QUICK SERIES** - Under ball handling by QB. Usually a Trap series that attacks LOS quickly

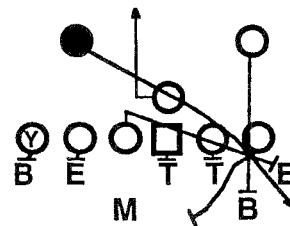
(EXAMPLE) 43 INF. QUICK TRAP



(EXAMPLE) 22 INF QUICK TRAP

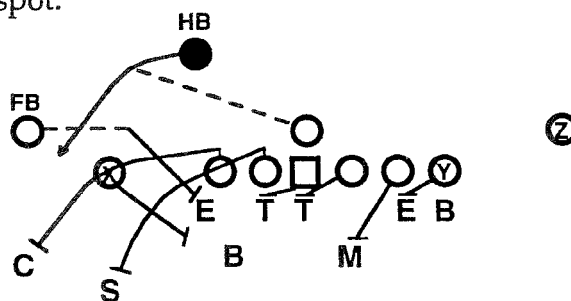


(EXAMPLE) 45 QUICK BIM TRAP



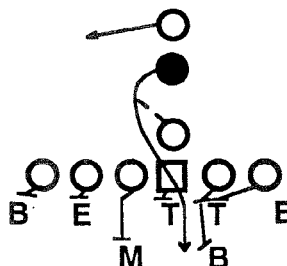
16. **FLIP** - When ball is flipped to RB quickly on wide running play. It may be open or reverse pivot usually run by Back in 2 or 4 spot.

(EXAMPLE)

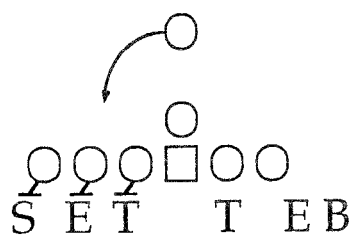
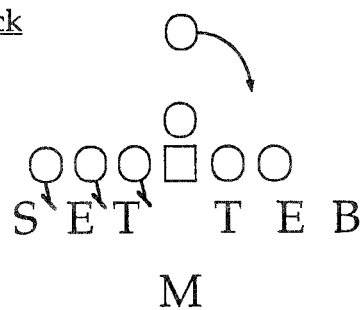
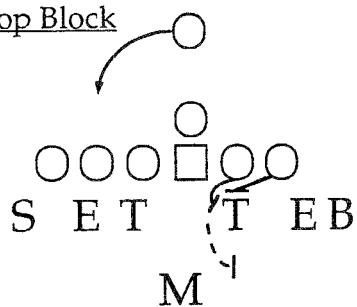
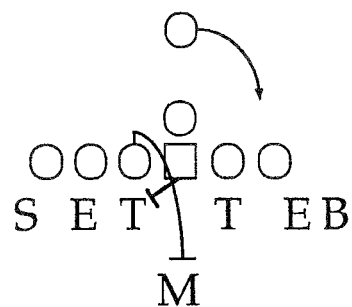
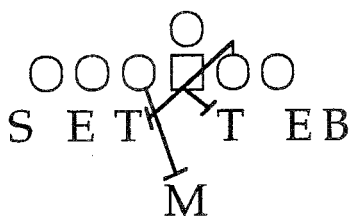
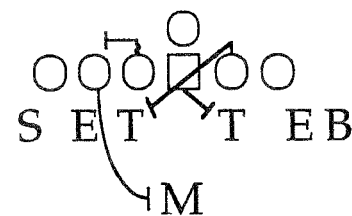
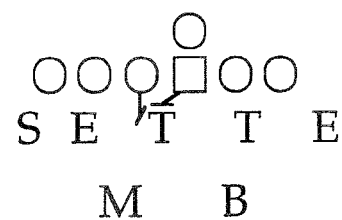
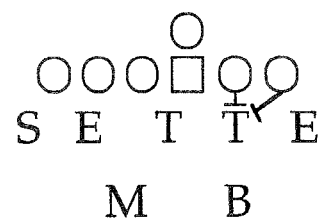


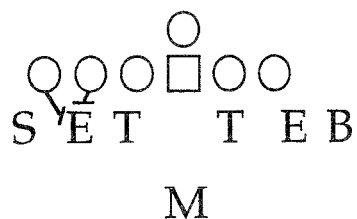
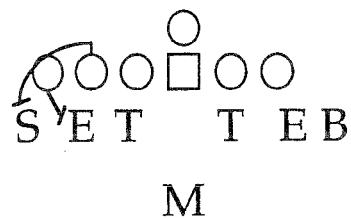
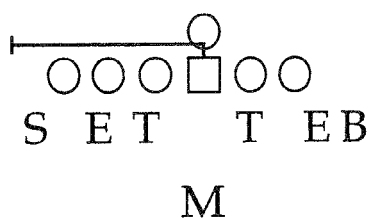
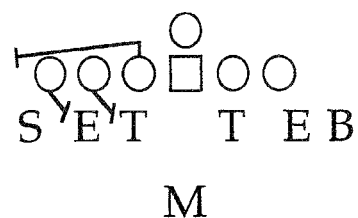
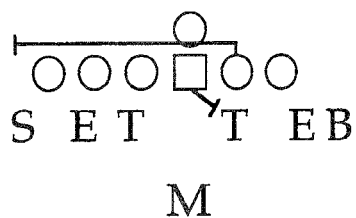
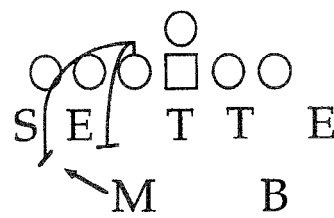
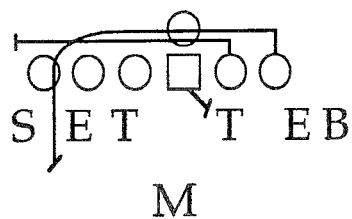
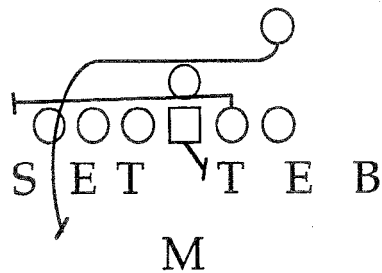
17. **BELLY SERIES - INSIDE RUN**

A FB or Single Back in 3 Spot taking open or reverse pivot handoff from QB. Ball is usually handed off deep enough for cutback possibilities.



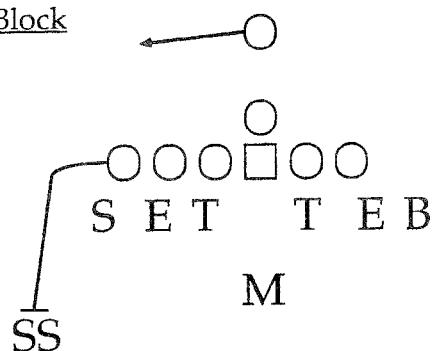
Types of Blocking

M BlockCut Off BlockPower Scoop BlockFold BlockTrap BlockInfluence TrapAce BlockDeuce Block

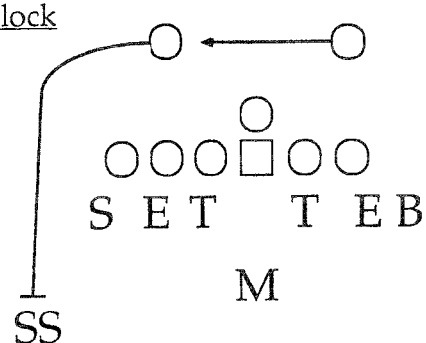
Trey BlockTex BlockC BlockG BlockO BlockHorn BlockCounter O-T BlockCounter O-F Block

Types of Blocking (cont.)

Tess Block

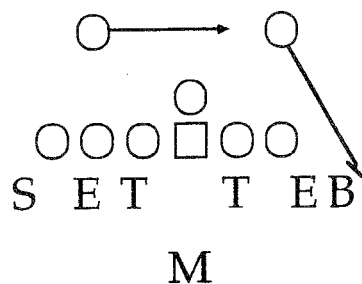


Boss Block

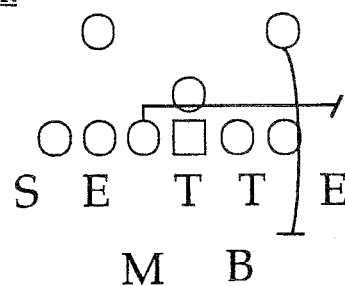


Tight End on Strong Safety

Back on Strong Safety

Bob Block

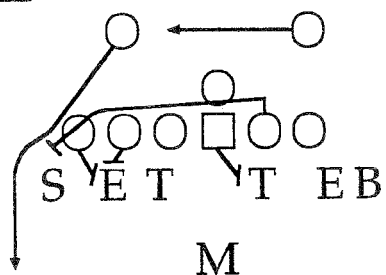
Bim-O Block



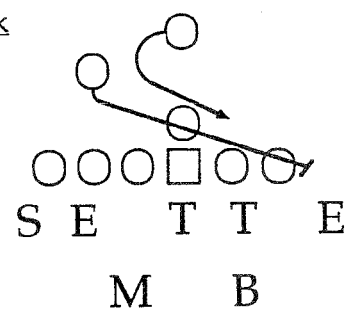
Back on Outside Backer

Back on Lineman

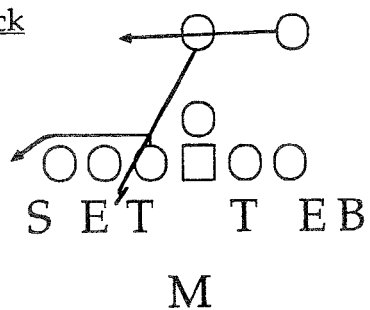
Bluff Block



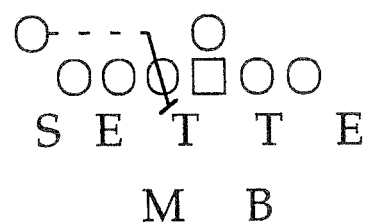
Wheel Block



Grace Block

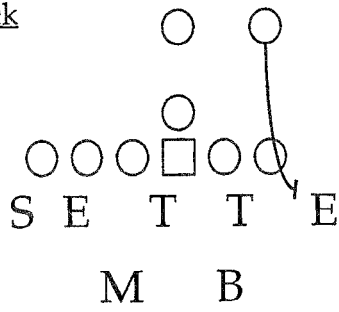


Wham Block

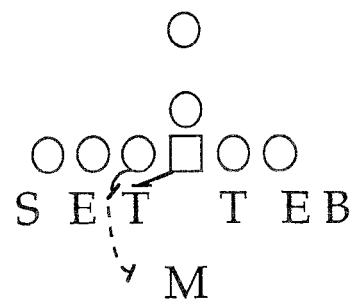


Types of Blocking (cont.)

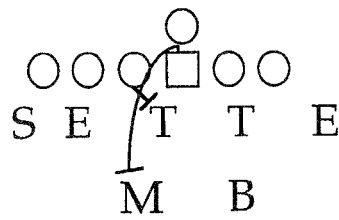
M Seal Block



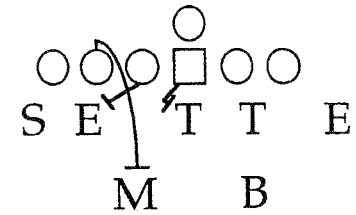
Slip Block



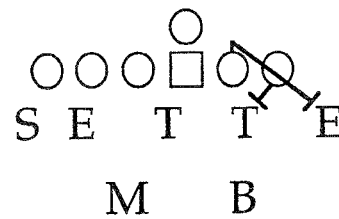
Wipe Block



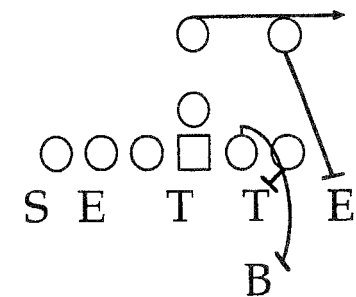
Gut Block



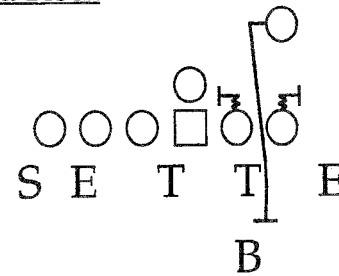
X Block



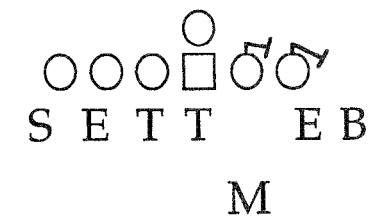
Tag Block



Draw Lead Block



Fan Block

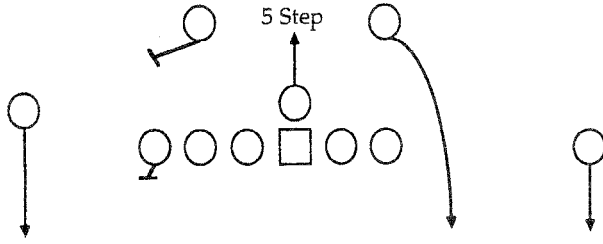


Pass Actions and Flare Control

- 53 - Dropback Flood Weak both Backs release to weakside.
- 53 B - Dropback Flood Weak both Backs to weakside FB blocking.
- 54 - Dropback Flood Strong both Backs release to strongside (Fire).
- 54 B - Dropback Flood Strong both Backs to strongside FB blocking.
- 90 - 3 step drop - Both Backs block.
- 90 Max - 3 step drop - Maximum protection - Both Backs and TE block.
- 80 - 5 step drop - Dropback - Both Backs block.
- 80 Max - 5 step drop - Dropback - Maximum protection - Both Backs and TE block.
- 82 - 5 step drop - Dropback - 2 releasers to either side.
- 82 Swap - Usually 1 Back set - Back blocks across Center.
- 83 - 5 step drop - Dropback - 3 releasers to one side.
- 83 Swap - Dropback - Backs cross 3 releasers to one side.
- 85 - 5 step drop - Dropback - Both Backs release - 5 releaser pattern.
- 70 - 7 step drop - Both Backs block.
- 72 - 7 step drop - 2 releasers to either side.
- 73 - 7 step drop - 3 releasers to one side.
- 75 - 7 step drop - 5 releaser pattern.
- 70 Max - 7 step drop - Both Backs and TE block.
- 72 Swap - Usually One Back set - Back blocks opposite side of Center from his alignment.

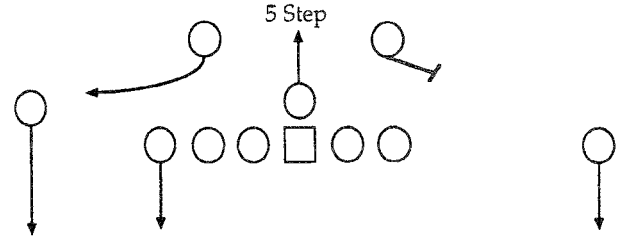
Dropback Flare Control

82



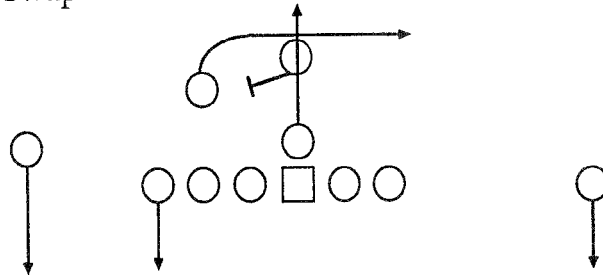
Dropback - 2 Releasers to Either Side

83



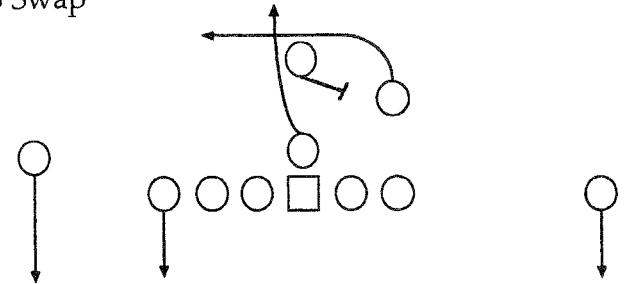
Dropback - 3 Releasers to One Side

82 Swap



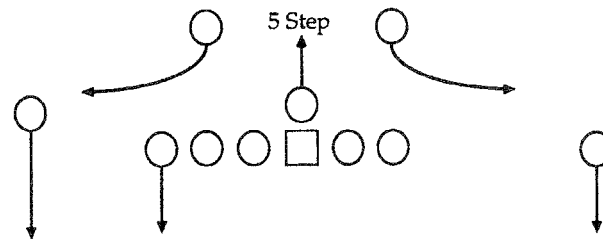
Dropback - Backs Cross 2 Releasers to Either Side

83 Swap



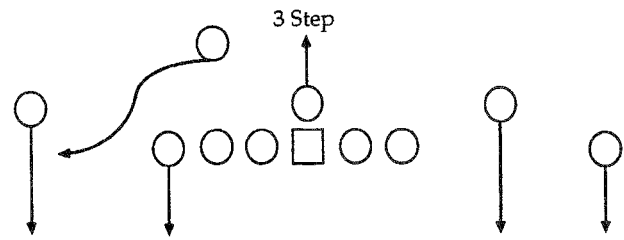
Dropback - Backs Cross 3 Releasers to One Side

85



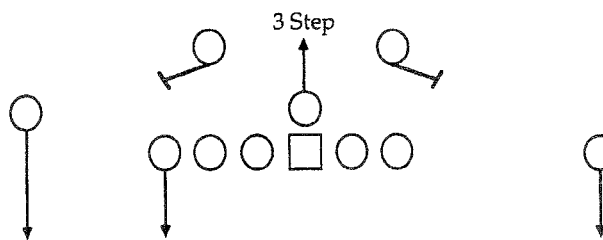
Dropback - Both Backs Release 5 Releasers Out in Pattern

95



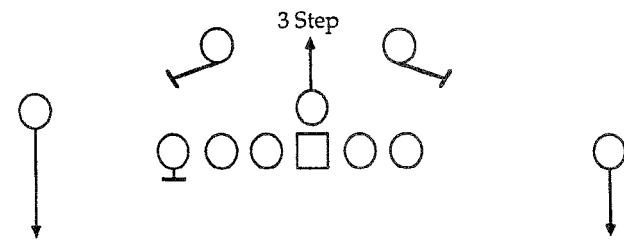
3 Step with 5 Releasers

90



3 Step Drop Both Backs Block

90 Max

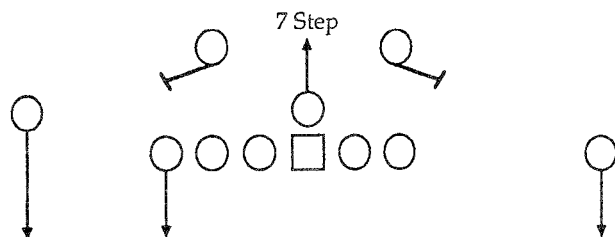


3 Step Drop Maximum Protection

Dropback Flare Control (cont.)

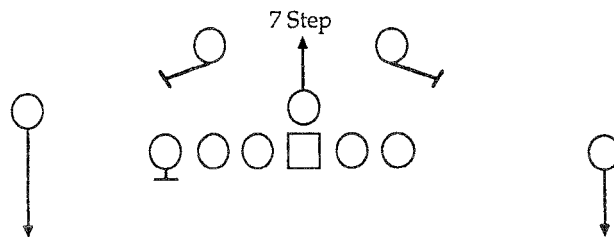
27

70



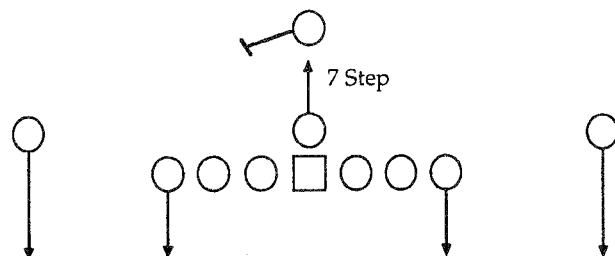
Dropback - Both Backs Block

70 Max



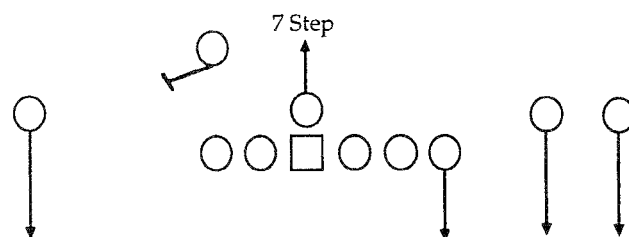
Dropback - Maximum Protection

72



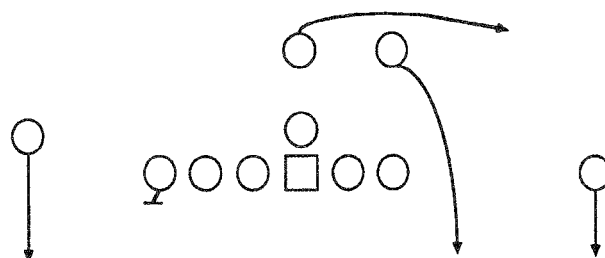
Dropback - 2 Release to Either Side

73



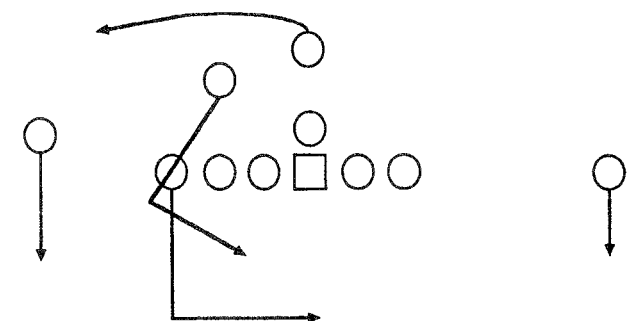
Dropback - 3 Release to One Side

53 Flood Weak



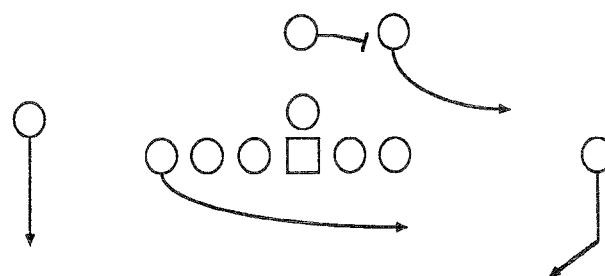
Flood Weak Both Backs Release to Weakside

54 Flow Strong (Fire)



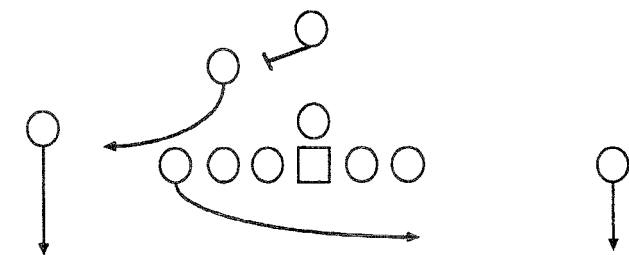
Flood Strong Both Backs Release to Strongside

53 B



Flood Weak Both Backs to Weakside FB Blocking

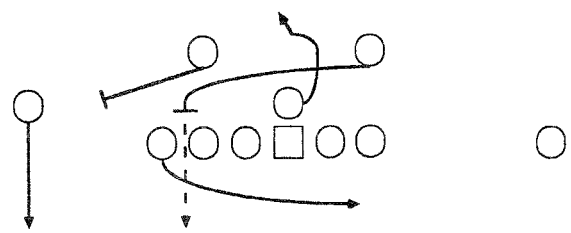
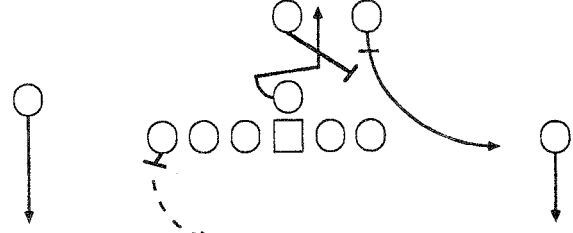
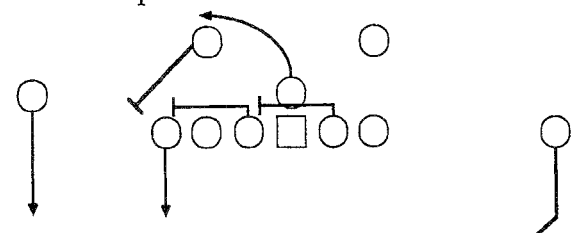
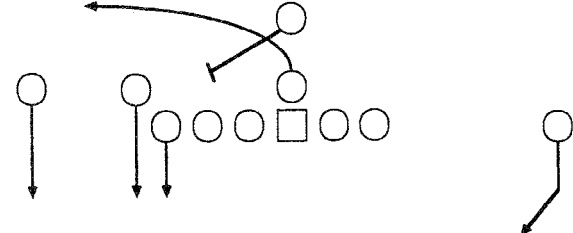
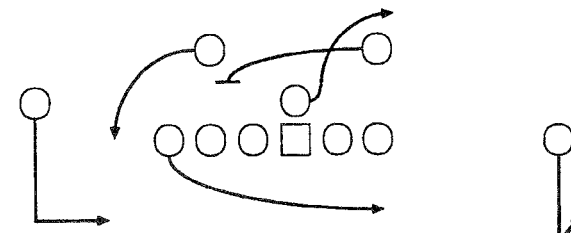
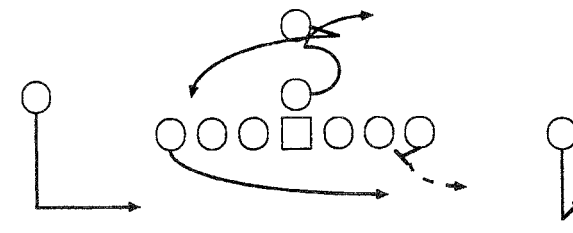
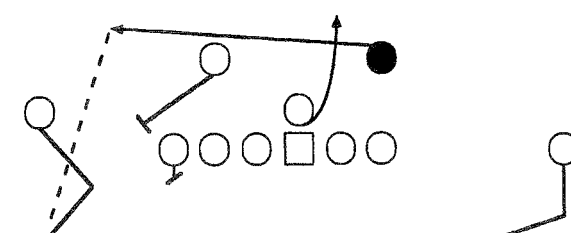
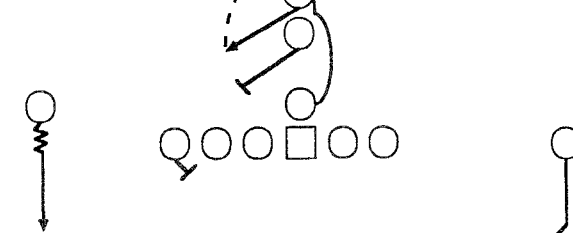
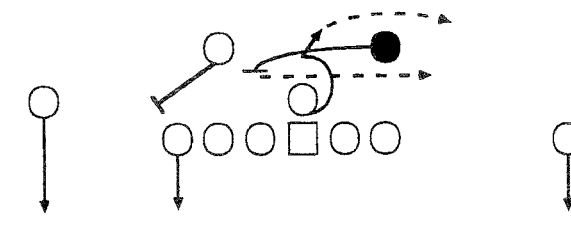
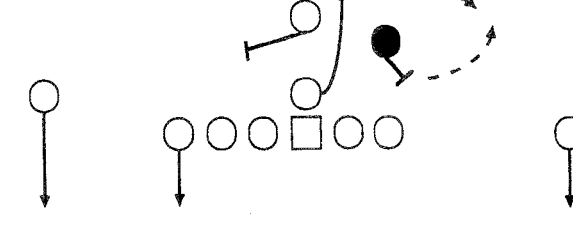
54 B



Flood Strong Both Backs to Strongside FB Blocking

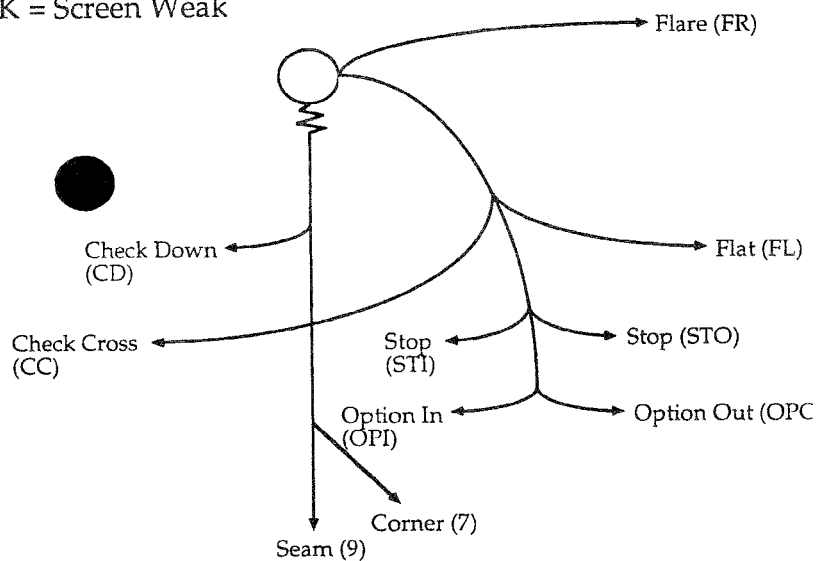
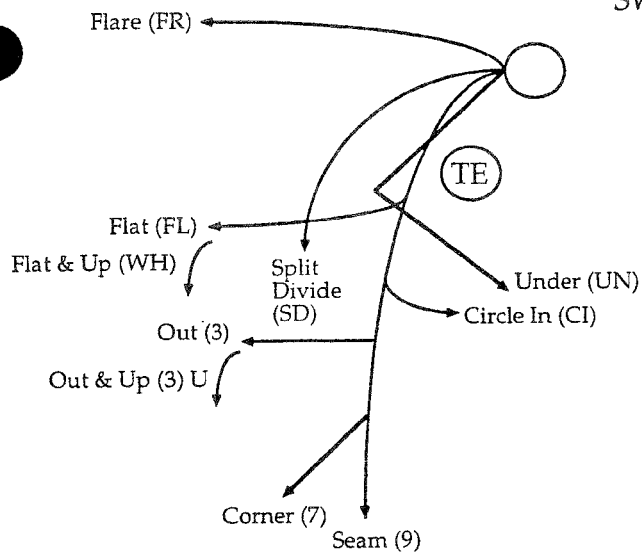
Play Action Passes, Screens, Etc.

- 100 - Play Action passes with QB setting up to throw between the Offensive Tackles. Running play fake - may or may not block the actual play.
- 200 - Sprint, Roll Out or Speed Action with QB going to the corner with the ball. May or may not have a Play Action fake.
- 300 - Bootleg Action with QB setting up or rolling away from the Play Action.
- 400 - HB or FB throwing Option Pass from designed running play. Also may be Flea Flicker (Toss Back to QB from running play).
- 500 - Screens - May come from Dropback or Play Action.

<p>128 - Flow Pass</p> 	<p>135 - Weak Flow</p> 
<p>204 - QB sets up behind Tackle - No play fake - Treat like Dropback</p> 	<p>208 - Sprint QB to corner - No play fake</p> 
<p>328 - Bootleg Action</p> 	<p>338 Ctr - Counter Bootleg Action (Dork)</p> 
<p>428 - HB Option Pass</p> 	<p>414 - Flea Flicker</p> 
<p>528 - "H" Screen Weak</p> 	<p>582 - "H" Screen Weak</p> 

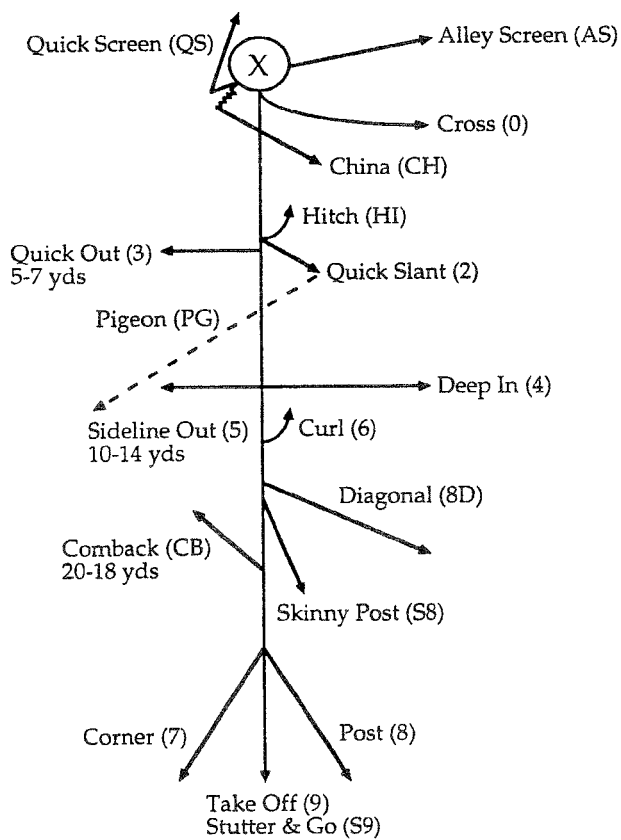
Back Routes

B = Block
SWK = Screen Weak

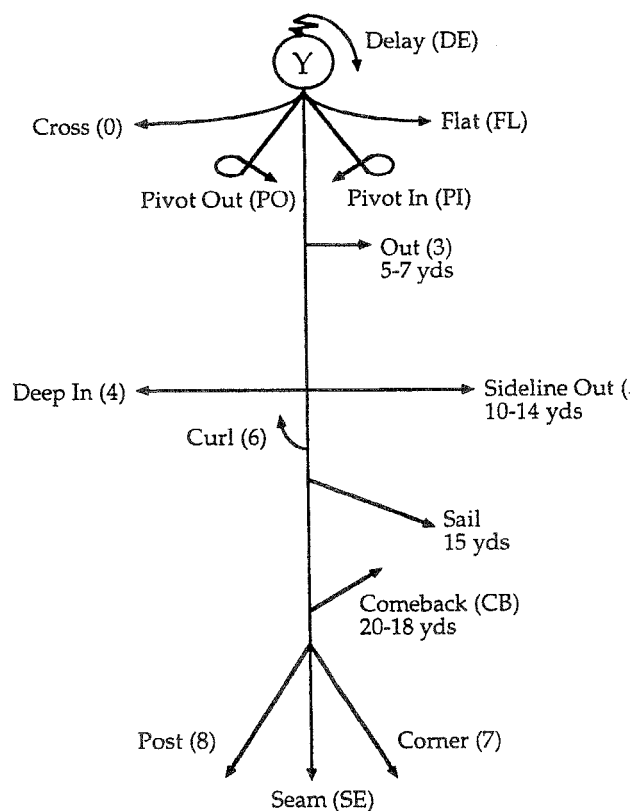


"X/Z" & "Y" Routes

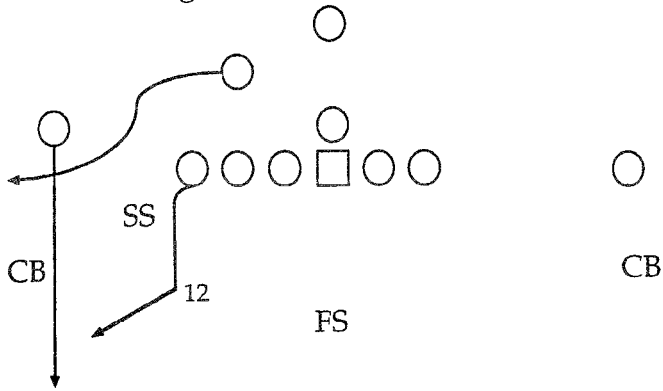
"X" & "Z" Routes



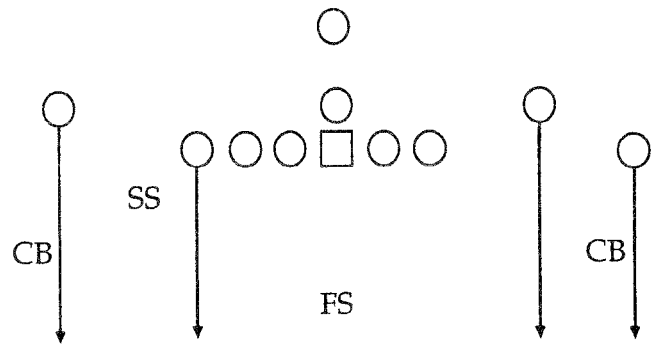
"Y" Routes



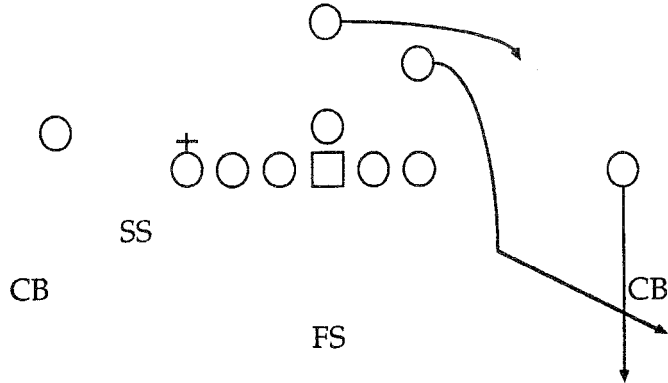
3 Level Strong = Sail



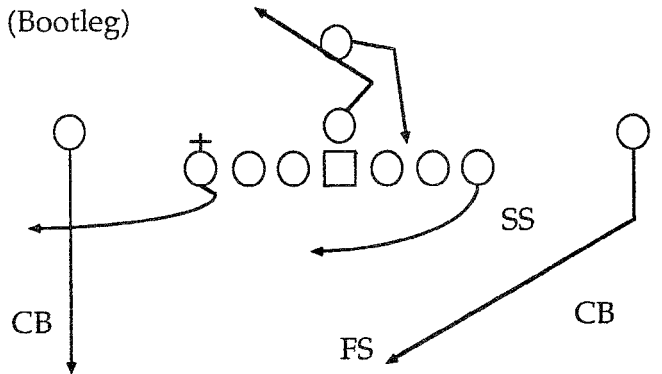
"Double" Seam (Snake)



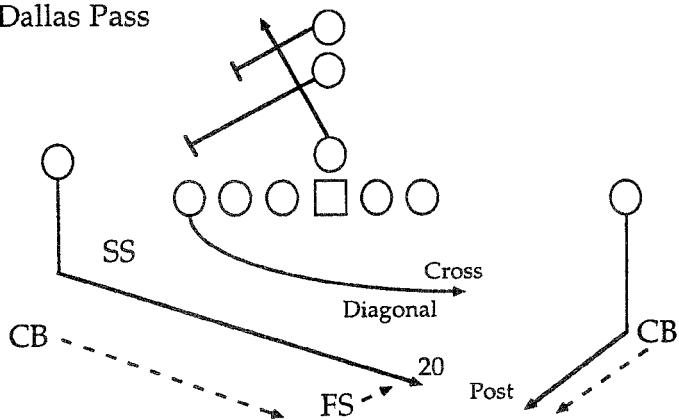
3 Level Weak = Wave



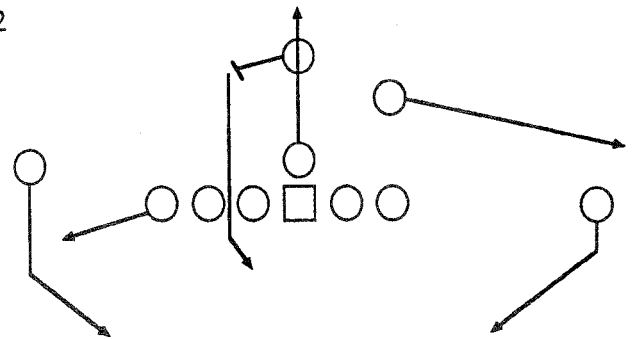
"Dork" Route (Bootleg)



Dallas Pass

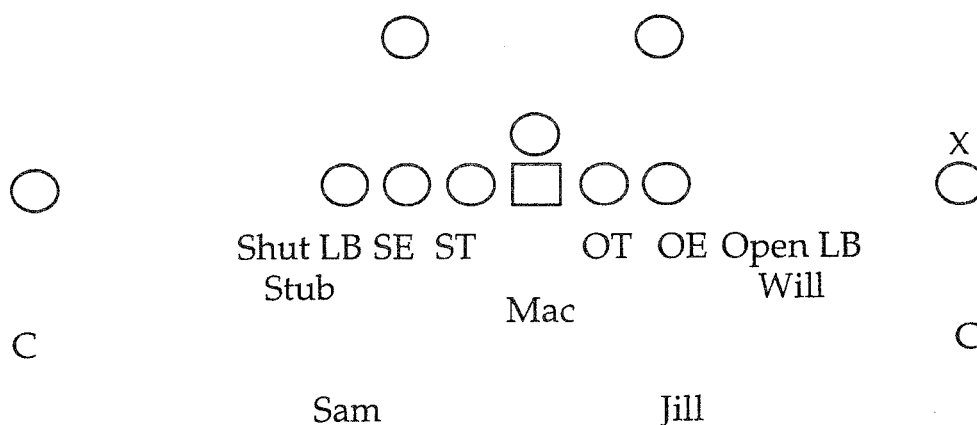


212



Identification of Defensive Personnel

1



Line: RE = Right Defensive End - OE
 RT = Right Defensive Tackle - OT
 LT = Left Defensive Tackle - ST
 LE = Left Defensive End - ST

LB's: Mac = Middle Linebacker
 Open = Outside Linebacker away from Tight End
 Shut = Outside Linebacker to the Tight End
 Stub = Outside Linebacker to strongside of passing strength
 Will = Outside Linebacker to weakside of passing strength

DB's: Strong Corner = Two receiver side
 Jill = Weakside Safety away from Tight End
 Sam = Strongside Safety to the Tight End
 Weak Corner = Single receiver side

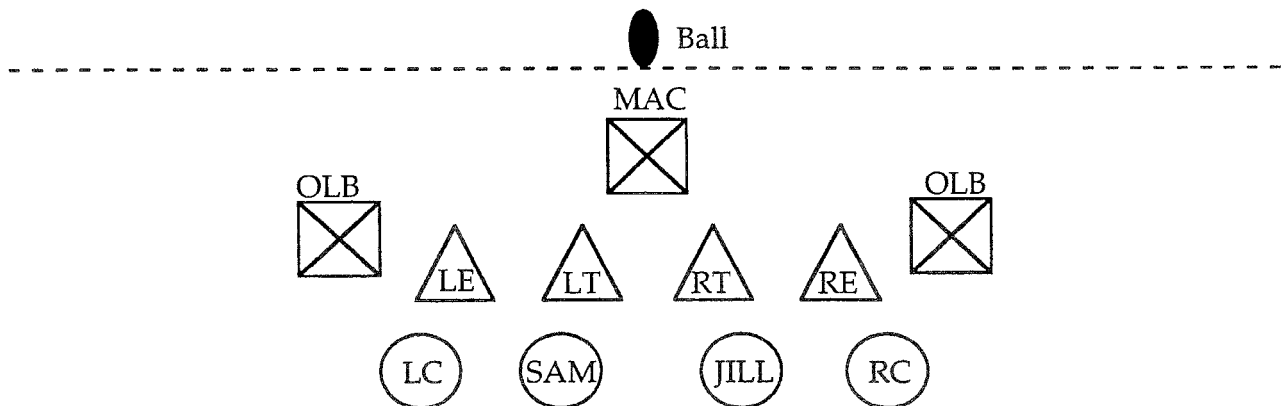
Defensive Signal Calling

1. Front -- Designates the alignment of the defensive line and the linebackers (Mac)
Example: 43
2. Charge -- Designates the line charge for the defensive lineman (Mac)
Example: Spike
3. Coverage -- Designates the type of pass coverage by the secondary (Jill)
Example: Cover 3

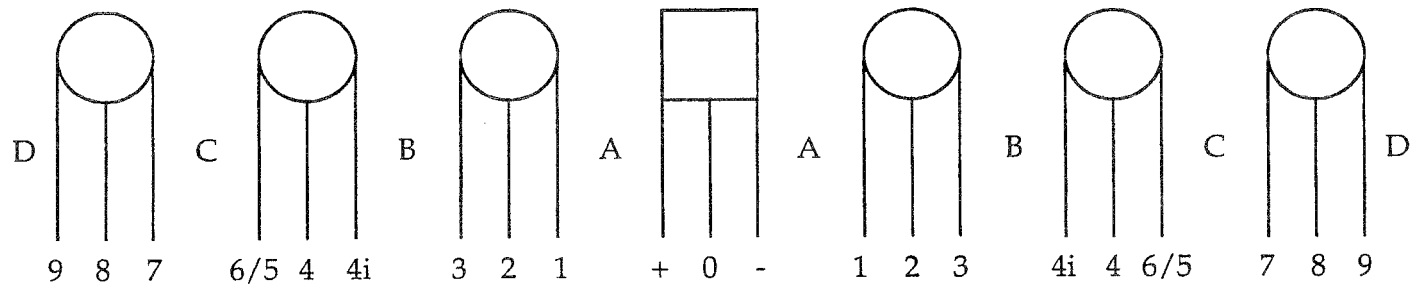
Pre-Snap Procedure

1. Tight End side must be called -- "Lion" or "Raider" (Outside Linebacker call)
2. Two receivers side must be called -- "Strong Left" or "Strong Right" (Sam call)
3. Safeties responsible for End Run Forcer call -- "Sky," "Backer" or "Cleo"
4. Bench Corner responsible for personnel alert -- Example: Pepper
5. Anchor - if Anchor is applied to coverage call CB's stay on their side

Defensive Huddle



Defensive Tackle sets the huddle



CENTER

- 0 Head On
- + Shutside Shade
- Openside Shade

TACKLES

- 4 Head On
- 4i Inside Shade
- 5 Tight Outside Shade
- 6 Loose Outside Shade
- Colt 1/1.5 yards outside OT

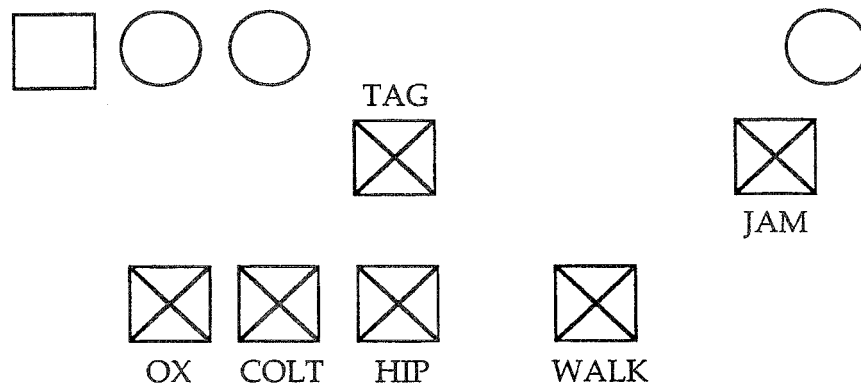
GUARDS

- 2 Head On
- 1 Inside Shade
- 3 Outside Shade

TIGHT END

- 8 Head On
- 7 Inside Shade
- 9 Outside Shade

Open Outside Linebacker Alignments



Defensive Terminology

General Terminology

Strongside	Passing strength of formation. Usually side of two receivers.
Shutside	Side of Tight End. Two Tight Ends, side of "Z" or TE on line.
Weakside	Side away from two receivers.
Openside	Side away from Tight End. Two Tight Ends, side away from "Z."
Lion/Raider	Side Tight End lines up on. Example: Lion/Left, Raider/Right. Two tight Ends, side of "Z."
Near Back	Back nearest to your position in the formation.
Bootleg	Quarterback rolling strong or weak opposite both Backs.
Dash	Quarterback leaving the pocket strong or weak on purpose. Back or TE blocks lineman. Example: 208/209
Sprint	Quarterback rolling strong or weak staying within Tackle area. Example: 204/205
Quick Screen	Fast screen to Wide Receivers. Generally from Play Action.
Alley Screen	Quick screen to Wide Receiver behind releasing lineman.
Dogs	Pass rushes by Linebackers.
Blitzes	Pass rush by Secondary & Linebackers.
Counter	Misdirection step by ball carrier.
Flood	Both Backs release to weakside.
Omaha	Cancel Dog or Coverage (generally play strong zone).
Fire	Both Backs release to strongside.

Front Terminology

Bull	Tackles = 2 gap; Ends = Tight 5. Ghost alert QB Draw.
Stud	Shut End and Shut Linebacker exchanging positions on shutside.
Bronco	Shut End lining up outside Tight End on shutside.
Colt	Open End and Open Linebacker exchanging positions on openside.
Ox	Term used when Open End and Open Backer exchange responsibilities. Example: End outside, Backer inside.
Tag	Open End aligns in 5 Technique, Open Backer aligns on line of scrimmage responsible for reverse and trail.
Spy	Term used when defensive lineman involved in pass coverage, 3 spot 2nd Back or slow block. Example: Jill Thunder
Deca	Term used when Defensive End involved in pass coverage 1st Back to your side.
Base	Term used to get defense back to 43 Front.
Move	Term used to shift defense.
Bounce/Crash	Term used to allow Defensive End to attack without Force responsibility.
Reduce	Open End 5 Technique, Open Tackle 2 Technique, Open Linebacker in a Walk or Jam alignment.
Hal	Open Tackle hit and look for Draw, Screen, QB Scramble.
Box	Both Ends will run a Sox and Ox stunt.
Stem	Defensive Lineman aligns in opposite gap that was called in huddle, then moves to correct alignment before the snap.
Bang	Call made by Linebacker that tells the Defensive Tackle to move to a 2 Alignment and 2 gap the Guard.

Passing Game Terminology

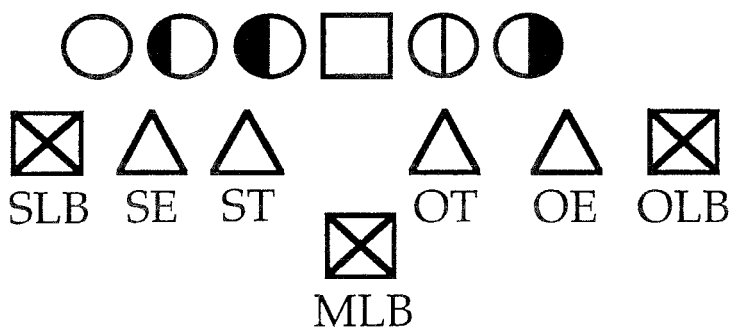
"Y" Slow	Tight End slow blocks, may check into pattern.
Box	Double between Linebacker and Corner or Safety, Linebacker taking outside away.
Cut	Double between Linebacker or Safety and Corner, Linebacker/Safety taking inside away.
Smack	Strong Safety lining up 3 yards deep over shutside Tackle.
Cowboy	Jill lining up 3 yards deep over openside Tackle.
Mule	Safety cover on offset Back or Back out of backfield. Vs I or Pro Safety covers 1st Back open.
Blitz & Peel	Dogging with pass cover responsibilities.
Deuce	Three on two coverage. Two shut defenders responsible for first inside, first outside pass route, backed up by Safety (may be played by Shut Backer, Mac and Strong Safety or two Corners and Strong Safety). Area drop then cover.
Banjo	Strong Safety and Mac in and out on "Y." Shut Backer, man on F Back. Vs Wing or motion to Wing, Strong Safety and Mac in and out on Wing or motion man. Shut Backer, man on Tight End.
Rule	In and out coverage on "Y" and first Back release by two defenders (usually Strong Safety and Jill). Shut Backer - Stack Buzz, responsibility for "Y" slow, second Back his side. Can be utilized with Shut-I.
Gumbo	Secondary in/out coverage on two receivers usually two Safeties.
Bracket	In and out coverage on Wide Receiver between Corner and Safety.
Boy	Linebacker locking on "Y" in coverage (Man Cov call).
Bingo	Call made by coverage LB that he is out of position to make coverage and blitzing LB must assume his coverage.
Switch	Jill and Sam changing assignment in Cover 1 coverage. Sam now has deep middle.

Sky	Strong Safety or Free Safety responsible for End Run Force.
Backer	Outside Linebacker responsible for End Run Force.
Cleo	Strong or Weak Corner responsible for End Run Force.
Read	Sam/Shut Backer End Run Force responsibility determined by Tight End block. Example: M block - Backer Force, down Block-Sky Force.
Rainbow	Linebacker locking on coverage on flood action.
Collapse	Reducing coverage on flood action away.
Expand	Expanding coverage on flood action to your side.
Wall	Holding off inside route of receiver in zone coverage while looking at Quarterback.
Stalk	Wall technique in Man coverage. Linebacker can turn and run with receiver.
Hang	Zone technique used to hold off curl and react to ball thrown in flat area.
Area	Man coverage with zone drop. Example: Deuce.
Lock	Man to Man coverage on a single receiver. Example: Shut LB on TE.
Taxi	Double on Back or Tight End between Linebacker and Defensive Back.
2D	Term used when Shut and Will LB are Dogging.
Iowa	Term used to describe in and out coverage between Mac and Outside Linebacker.
Thunder	Safety Blitz with Safety rushing from inside. Example: Jill Thunder.
Lightning	Safety Blitz with Safety rushing from outside.
Blast	Term used when Mac and Open Backer are Dogging.

Smash	Term used when Mac and Shut LB are Dogging.
Anchor	Coverage; Corners stay on a side with Sam (SS) going to two receivers side. No movement with Zoom motion.
Steeler	Mac working strongside in zone coverage vs three receiver side (Backer Force).
Pittsburgh	Steeler coverage; Mac going to strength with Cleo Force.
Open Zone	Lou/Rose to openside.
Shut Zone	Lou/Rose to shutside.
Lou	Directional call - zone left.
Rose	Directional call - zone right.
Wave	Three level pass to weakside.
Sail	Three level pass to strongside.
Flex	"X" (Split End) 4-6 yards outside of Offensive Tackle.
Tite	"X" at Tight End position on weakside.
Crack	"Z" (Flanker) 4-6 yards outside of Tight End.
Close	"WR" aligned off the hip of Offensive Tackle or TE.
Vice	"Z" in a Crack alignment and "X" in a Flex alignment.
Tandem	Coverage adjustment when receivers are stacked or close together. Example: Tight Slot or Flop
Jump	Double on outside receiver between Safety and Corner Linebacker 1st Back out.
Hammer	Cloud Technique on strongside.
Hard	Cover 2 or 8; Jill (Free Safety) giving the Weak Corner and Will a change to a Cloud Technique to the weakside.
Flow	A coverage adjustment, in Cover 2 and Cover 8, by Jill vs a Trips formation. Open LB and WC play m/m I. Jill covers #3 deep.

Cover Down Play It	Backer adjusting to a receiver to his side leaving core of defense. Denotes coverage to be played regardless of formation and/or motion.
Match Up	Dog coverage with pre-assigned man responsibility.
Check	Back checks blitz and then gets into route.
Yale	Strong Safety (Sam) Man to Man inside on Tight End. Backer Force. Sam will usually have outside help by Mac or Shut LB.
Wanda	Mac working to the weakside in Cover 1.
Trio	Three Linebackers covering TE and remaining Back. Trio is called to TE side.
Spout	Slot side coverage. Corners Man to Man. Jill (Free Safety) deep and over the top.
Ricochet	Bouncing off of Man to Man responsibility when your receiver pass protects someone else and blitz QB.
Ghost	No receivers in backfield.
Flow Dog	Backer Dogging or covering on read of Back.
Void	Zone coverage with a single or 2 LB Dog.
Penny	Base defense with 3 Corners and one Safety.
Slide	LB's adjusting their alignments to Trips, Ace, or motion to facilitate their coverage responsibility.
TE Trade	Tight End shifting from one side of the formation to the other side.

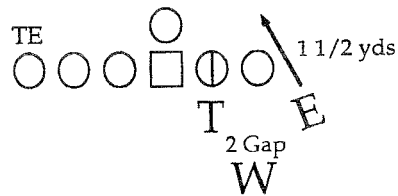
Lion



Position	Alignment	Key	Responsibility
Shut End	1. 6 Alignment - DE inside foot on outside foot of OT 2. Possible Sex-Change call	1. Tackle, to ball 2. Sex-Change Guard to ball	1. Play to - C gap, squeeze B gap 2. Play away - C gap, squeeze B gap - Trail 3. Sex-Change - Penetrate B gap 4. Pass & Boot - Contain rush
Shut Tackle	1. 3 Alignment 2. Possible "2" call vs wide split 3. "2" on Sex-Change	1. Guard, to ball	1. Play to - B gap 2. Play away - B gap. Squeeze A gap 3. Sex-Change - Flow to C gap, Flow away A gap 4. Pass - B/A gap rush lane
Open Tackle	1. 2 Alignment (2 Gap) 2. Possible Reduce call 3. Possible X-Change	1. Guard, to ball	1. Play to - B gap 2. Play away - A gap 3. X-Change - Flow to C gap, Flow away A gap 4. Pass - Bull rush
Open End	1. 5 Alignment 2. Possible Ox call 3. Possible Colt call 4. Possible X-Change	1. Tackle, to ball 2. X-Change Guard to ball	1. Play to - (Tag) C gap 2. Play away - C gap, squeeze B gap (Ox call or Colt Align. - Trail) 3. X-Change - Penetrate B gap 4. Pass & Boot - Contain rush
Shut LB	1. 9 or 8 Alignment based on Force and Coverage	1. Tight End 2. Near Back 3. 1st Linemen	1. Play to (Backer) - Contain. (Sky or Cleo) - D gap 2. Play away (Backer) - Trail. (Sky) - A gap. Vs Scoop - Squeeze & Trail
Mac LB	1. 0 Alignment - 3 to 4 yards in depth off ball. Must adjust alignment vs sets 2. Possible "2" call vs wide split	1. Center, Guard flow 2. Tight Wide or Split Flow reads	1. Tight Read - Flow side A gap 2. Wide or Fast Read - Inside out to ball 3. Split Flow - 2 gap Center
Open LB	1. Vs Tight End - same as Shut Backer 2. Tag or Colt alignment 3. Possible Hip, Walk or Jam alignment	1. Vs TE same as Shut LB 2. Near Back, Tackle 3. 1st Linemen	1. Vs TE - Same as Shut LB 2. Play to (Backer) - Contain. (Sky or Cleo) 2 gap cutback 3. Play away - Ox call B gap 4. Tag call = Trail, Colt = Pursuit behind line of scrimmage

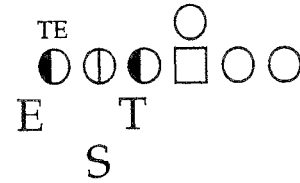
Front Seven Formation Adjustments

Lion Colt Alignment 43
54
43 Stack



DE Calls - Crash by Will, Bounce by Safety

Lion Stud Alignment



DE - 9 Normal align; Sky call = 8 Align
 DT - 3 Align

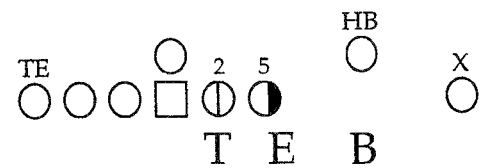
Lion "7" Alignment 43
56
54



B

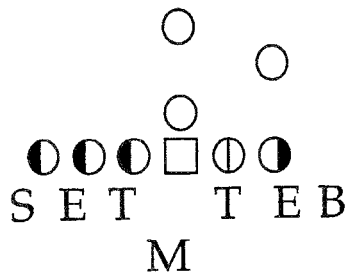
When Shut LB has to cover down, he will give "7" call to DE

Lion Reduce Call 43
54



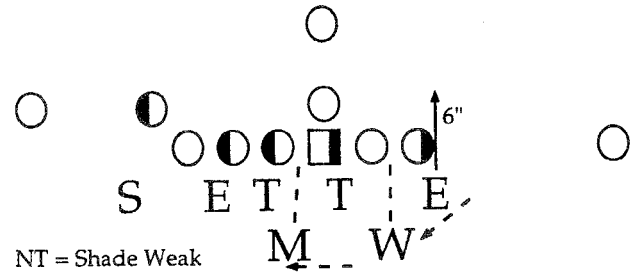
When Open LB has to cover down, he will give Def Line a Reduce call. DT = 2, DE = Tight 5

Lion Tag 56
43



Open LB may give DE Tag call vs Weak formations
 DE = Tight 5

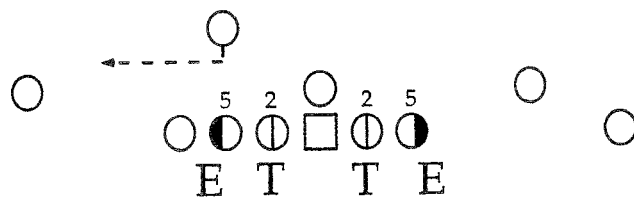
Ox 56
56 Stud



NT = Shade Weak

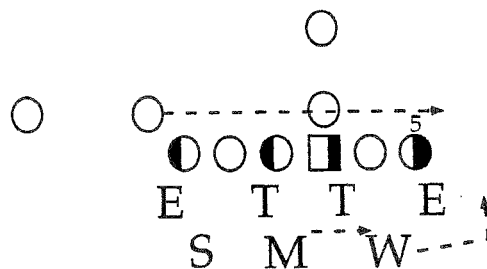
In 56/56 Stud defense OLB will give an Ox call vs Strong formations. Example: Black or Trips

Lion Bull



Vs Ghost formations MLB will give Bull call. Def Line will tighten down their alignments & think QB Draw as they rush

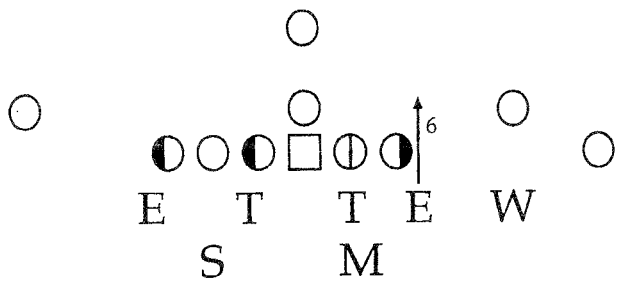
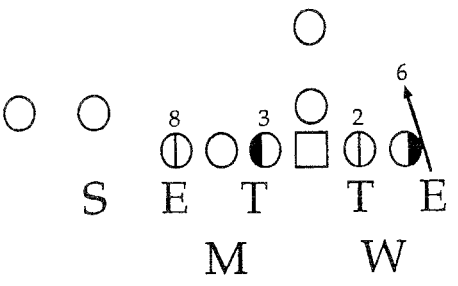
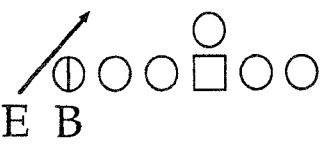
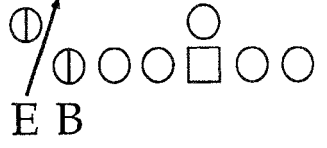
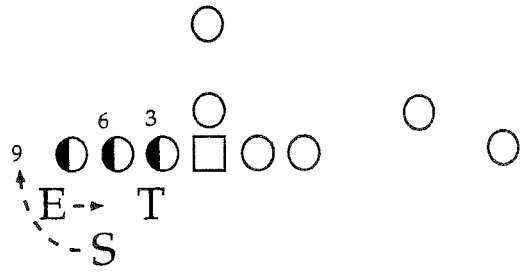
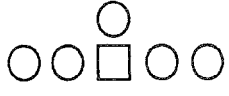
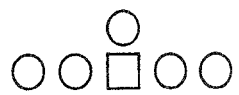
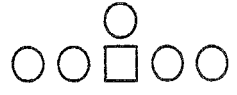
Ox Back to Tag 56
56 Stud



DE = 5
 NT - Stay Shade

Open - Tag
 Mac - 2 on Weak Guard

Front Seven Formation Adjustments (cont)

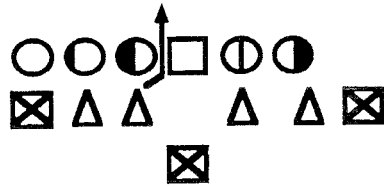
<p><u>Lion</u> <u>LB's Slide Open</u> <u>43 Stack</u></p> 	<p><u>LB's Slide Shut</u> <u>43 Stack</u></p> 
<p><u>Bronco</u> <u>44 Bronco</u> <u>56 Bronco</u></p>  <p>DE - 1 1/2 yds outside TE tilted in. You have contain unless Bounce call. OLB - 8 Tech, 7 Tech vs Weak formations</p>	<p><u>Bronco vs Wing</u></p>  <p>DE - Align head up on Wing Bounce call - Attack inside shoulder of Wing, secure and spill Off Tackle No call - contain run to your side</p>
<p><u>6 Call</u></p>  <p>vs Slot formations Shut LB may have to come out of Stud alignment on certain coverages - he will make 6 call.</p>	
	

43 Fronts and Charges

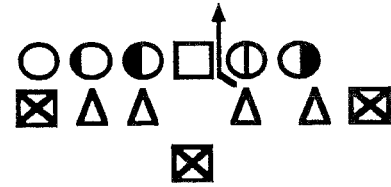
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Examples: Lion Call

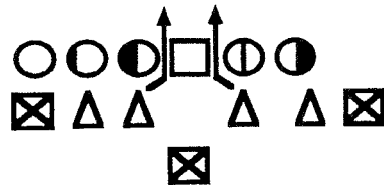
43 Spike (Spike Gap)



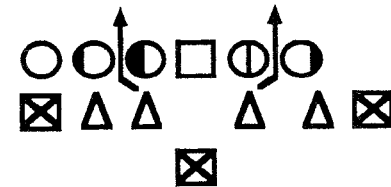
43 Nail (Nail Gap)



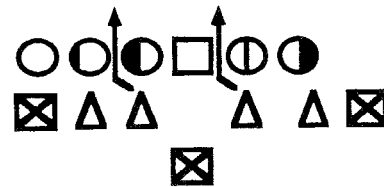
43 Tite



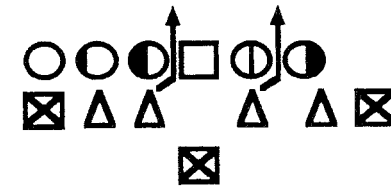
43 Wide



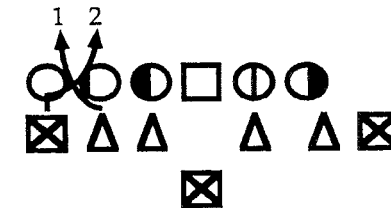
43 Slant-Shut (Slant = Def Tackles)



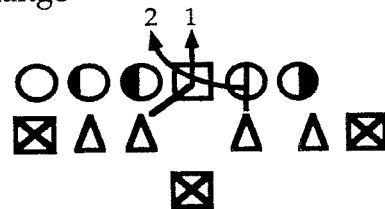
43 Slant-Open (Slant = Def Tackles)



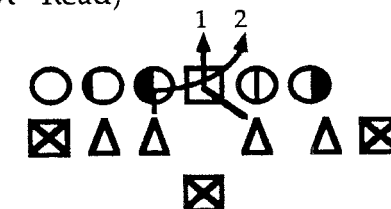
43 Sox



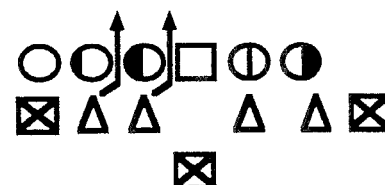
43 ISX - Change



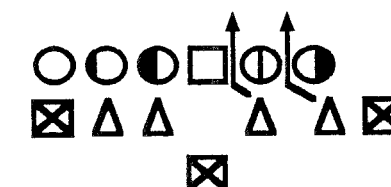
43 ISX (ISX - Read)



43 Susie - Shutside



43 Willie - Openside



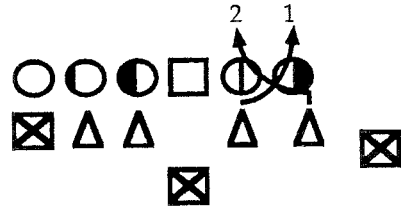
Note: If Near Back, call is off

Note: If Near Back, run it

43 Fronts and Charges

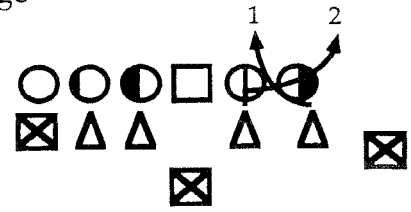
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43 X



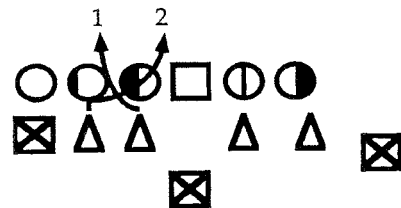
Note: Colt Alignment End Read Technique

43 X-Change



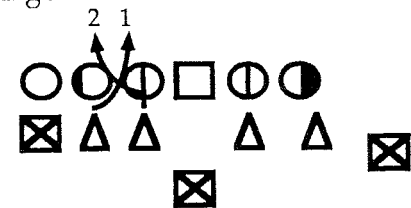
Note: Tackle Read Technique

43 Sex



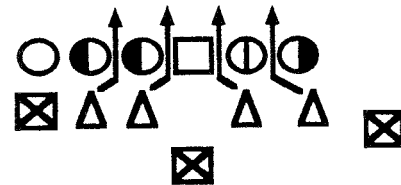
Note: End Read Technique

43 Sex-Change

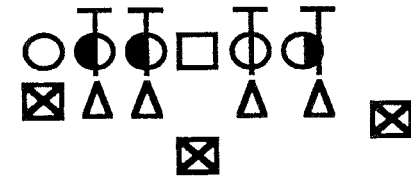


Note: Tackle Read Technique

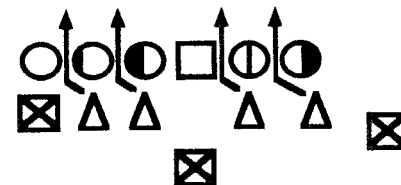
43 Connie



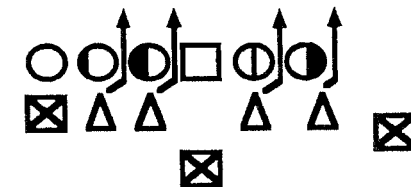
43 Bull



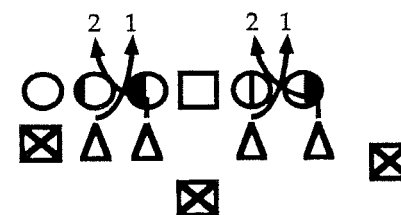
43 Angle Shut (All 4 Def Linemen)



43 Angle Open (All 4 Def Linemen)

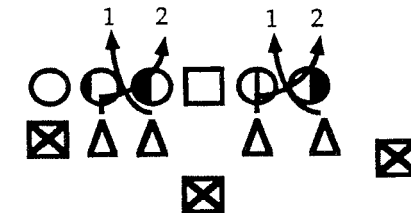


43 Elko



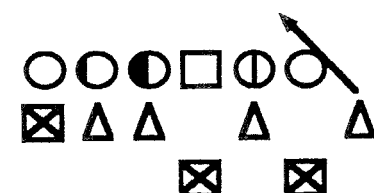
Note: Sex-Change/X

43 Tempe

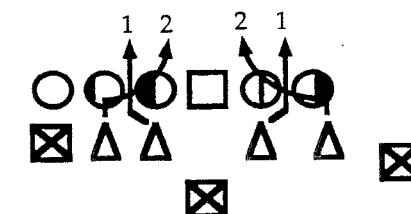


Note: Sex/X-Change

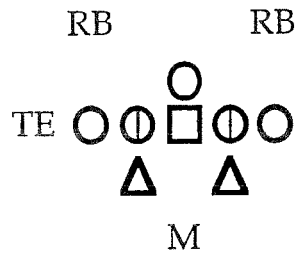
43 Colt Crash



43 Texas

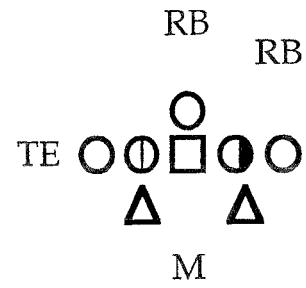


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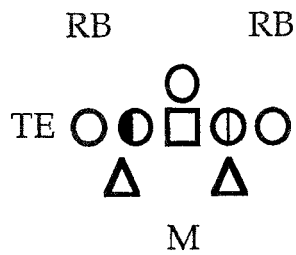


Note: Calls are from Lt to Rt

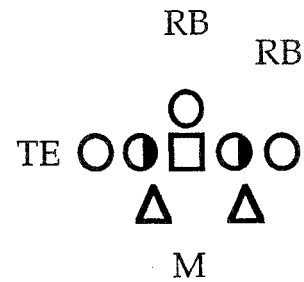
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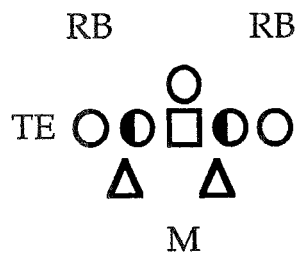
32



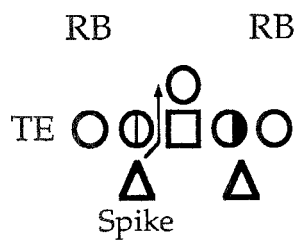
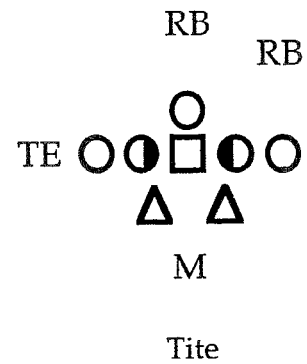
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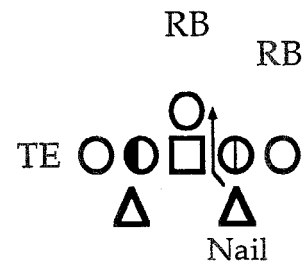
31



11

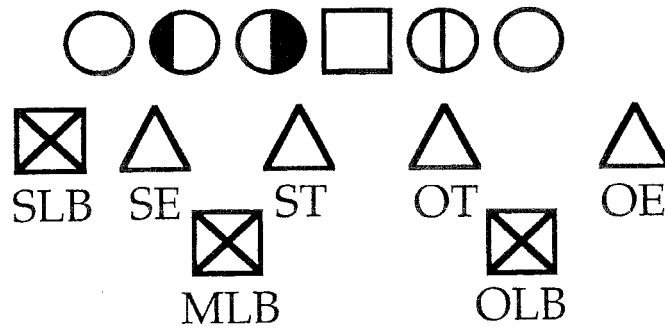


Note: Spike is a Shut side charge



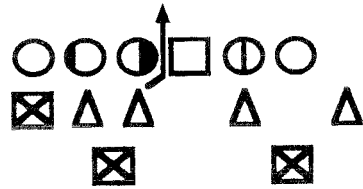
Note: Nail is a Open side charge

Note:
1. Huddle Call

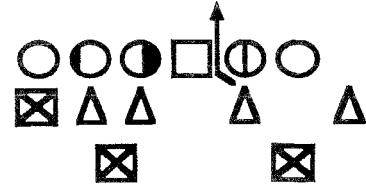


Position	Alignment	Key	Responsibility
Shut End	1. 6 Alignment - DE inside foot on outside foot of OT 2. Possible Sex-Change call	1. Tackle, to ball 2. Sex-Change Guard to ball	1. Play to - C gap, squeeze B gap 2. Play away - C gap, squeeze B gap - Trail 3. Sex-Change - Penetrate B gap 4. Pass & Boot - Contain rush
Shut Tackle	1. 1 Alignment inside shoulder OG 2. "2" on Sex-Change	1. Guard 2. Center to ball	1. Play to - Knock Guard back, A gap - don't get reached by Center 2. Play away - Redirect down line of scrimmage. Don't get cut off. 3. Sex-Change - Flow to C gap, Flow away A gap
Open Tackle	1. 2 Alignment (2 Gap) 2. Possible Reduce call	1. Guard, to ball	1. Play to - B gap 2. Play away - A gap 3. Pass - Bull rush
Open End	1. Colt Alignment - Tilt stance 1 1/2 yards outside OT 2. Possible Reduce call (5 Tech)	1. Tackle 2. Near Back to ball	1. Play to - C gap. Possible Bounce/Crash call 2. Play away - Trail. Vs TE weakside 8 or 9 alignment based on force
Shut LB	1. 9 or 8 Alignment based on Force and Coverage	1. Tight End 2. Near Back 3. 1st Linemen	1. Play to (Backer) - Contain. (Sky or Cleo) - D gap 2. Play away (Backer) - Trail. (Sky) - A gap. Vs Scoop - Squeeze & Trail
Mac LB	1. B Gap Alignment - Adjust Strong or Weak based on Backfield set	1. Flow (Backs) to pulling linemen	1. Play to - B gap 2. Play away - Tight Read - shuffle and hang. Think Cutback. Wide Read - inside out to ball
Open LB	1. Colt Alignment - 3 to 4 yards in depth off OT. Adjust to Backfield set 2. Possible Reduce call	1. Thru Tackle to Near Back 2. Vs Strong sets key Far Back	1. Play to - C gap, play off DE 2. Play away - B gap to ball 3. Possible Crash call

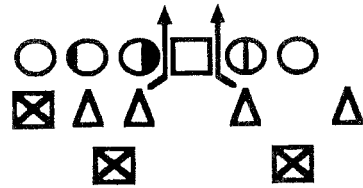
44 Spike



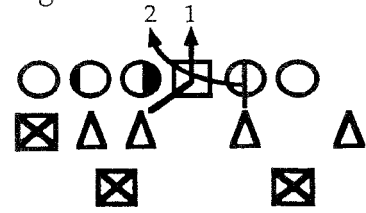
44 Nail



44 Tite

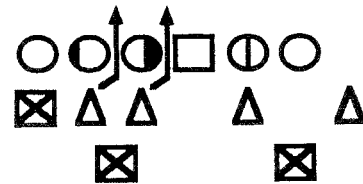


44 ISX - Change

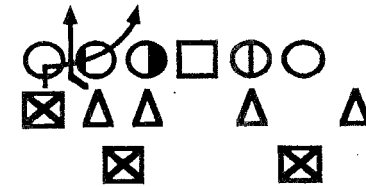


ISX = Inside X

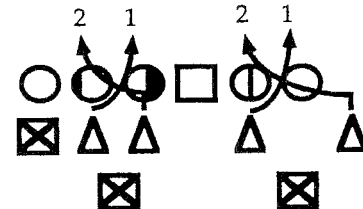
44 Susie



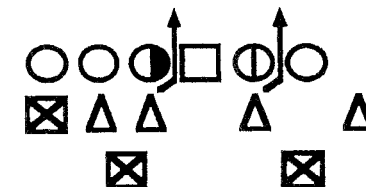
44 Sox



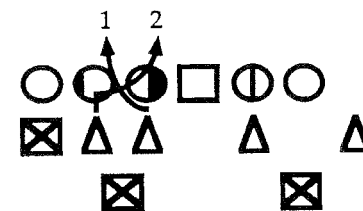
44 Elko



44 Slant-Open

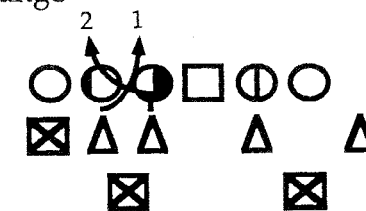


44 Sex



Note: End Read Technique

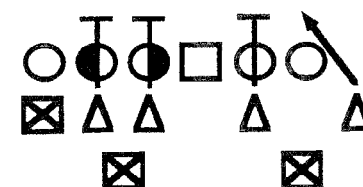
44 Sex-Change



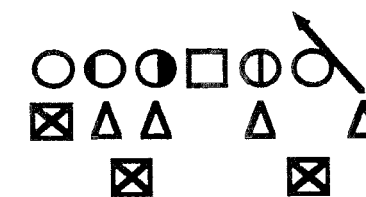
Note: Tackle Read Technique

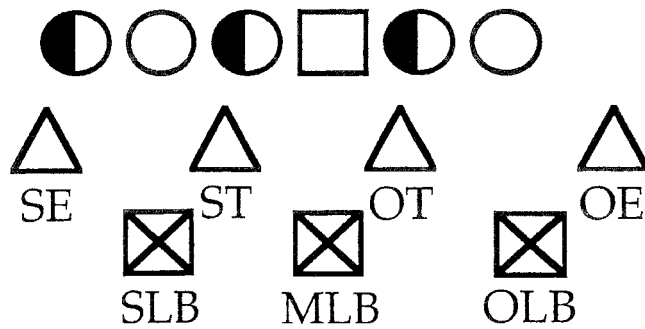
44 Bull

Crash or Bull



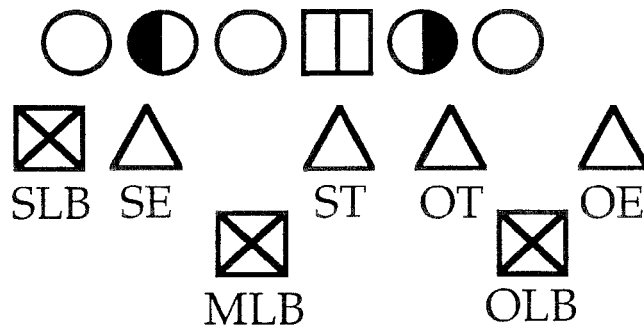
44 Crash





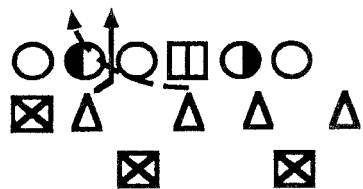
1. Cover 2
2. 2 Cloud
3. 1 Banjo
4. Cover 3

Position	Alignment	Key	Responsibility
Shut End	<ol style="list-style-type: none"> 1. Stud Alignment - 9 Tech 6 Align when LB adjusts 7 Align vs LB cover down 8 Align with Sky or Wing adj Listen for LB call 	<ol style="list-style-type: none"> 1. Tight End 2. Near Back to ball 	<ol style="list-style-type: none"> 1. Play to - D gap squeeze C gap - may depend on force call 2. Play away - Squeeze C gap - Trail 3. Pass & Boot - Contain rush
Shut Tackle	<ol style="list-style-type: none"> 1. 3 Alignment 2. Possible "2" call vs wide split 	<ol style="list-style-type: none"> 1. Guard, to ball 	<ol style="list-style-type: none"> 1. Play to - B gap 2. Play away - B gap. Squeeze A gap 3. Pass - B/A gap rush lane
Open Tackle	<ol style="list-style-type: none"> 1. 1 Alignment 2. Possible "2" adjustment vs Weak sets 	<ol style="list-style-type: none"> 1. Guard-Center to ball 	<ol style="list-style-type: none"> 1. Play to - Knock Guard back, A gap. Don't get reached by Center 2. Play away - Don't get scooped. Redirect down LOS
Open End	<ol style="list-style-type: none"> 1. Colt Alignment - Tilt stance 1 1/2 yards outside OT 2. Possible Reduce call (5 Tech) 	<ol style="list-style-type: none"> 1. Tackle 2. Near Back to ball 	<ol style="list-style-type: none"> 1. Play to - C gap. Possible Bounce/Crash call 2. Play away - Trail. 3. Vs TE weakside 8 or 9 alignment based on force
Shut LB	<ol style="list-style-type: none"> 1. Stud or 4 Alignment - adjust alignment based on Backfield set + force 	<ol style="list-style-type: none"> 1. Thru Tackle to Near Back 	<ol style="list-style-type: none"> 1. Play to - C gap 2. Play away - A gap, Cutback
Mac LB	<ol style="list-style-type: none"> 1. 0 Alignment - 3 to 4 yards in depth off ball. Must adjust alignment vs sets 2. Shut or Open LB cover down = Slide 	<ol style="list-style-type: none"> 1. Center to Flow 	<ol style="list-style-type: none"> 1. Flow to Shut side - A gap to ball 2. Flow to Open side - B gap to ball
Open LB	<ol style="list-style-type: none"> 1. Colt or 4 Alignment 2. Cover down = Slide 	<ol style="list-style-type: none"> 1. Thru Tackle to Near Back 	<ol style="list-style-type: none"> 1. Play to - C gap 2. Play away - B gap to ball, Cutback 3. Possible Crash call



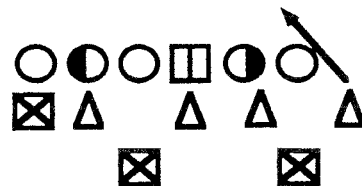
Position	Alignment	Key	Responsibility
Shut End	1. 5 Alignment - Tight outside shoulder OT	1. Tackle to ball	1. Play to - C gap squeeze B gap 2. Play away - Squeeze B gap to ball 3. Pass & Boot - Contain rush
Shut Tackle	1. 0 Alignment - Head up on OC	1. Center to ball	1. Flow Strong or Weak A gap to ball. Knock Center back 2. Pass - Work back to Shut side, inside rush lane
Open Tackle	1. 3 Alignment 2. Possible Nail or Bang call	1. Guard to ball	1. Play to - B gap 2. Play away - B gap. Squeeze A gap 3. Pass - 2 way rush on OG
Open End	1. Colt Alignment - Tilt stance 1 1/2 yards outside OT 2. Possible Reduce call (5 Tech)	1. Tackle 2. Near Back to ball	1. Play to - C gap. Possible Bounce/Crash call 2. Play away - Trail. 3. Vs TE weakside 8 or 9 alignment based on force
Shut LB	1. 8 or 9 Alignment - based on force and coverage	1. Tight End 2. Near Back 3. 1st Linemen	1. Play to - Based on Force. Backer - Contain. Sky or Cleo - D gap 2. Play away - Trail
Mac LB	1. 2 or 3 Alignment Based on formation	1. Guard to Near Back/Flow	1. Play to - B gap 2. Play away - A gap 3. Put Lead play on outside pad Read Over and Under Handoff
Open LB	1. Colt Alignment - 3 to 4 yards in depth off OT. Adjust to Backfield set 2. Possible Reduce call 3. Possible Nail or Bang call	1. Thru Tackle to Near Back Read Over & Under Handoffs	1. Play to - C gap, play off DE 2. Play away - A gap to ball

54 Pinch

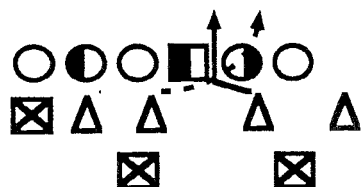


Note: Void End runs stunt - NT Read Technique

54 Crash/Bounce

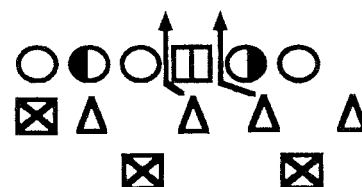


54 Shade Nail

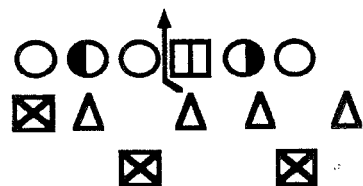


Vs DB Pass NT wrap around

54 Slant-Shut

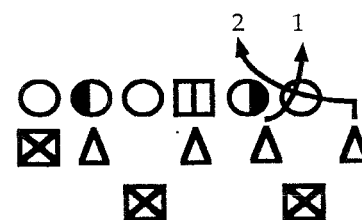


54 Rip/Liz



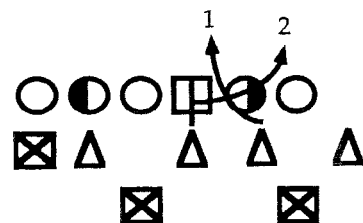
Example: Liz

54 X

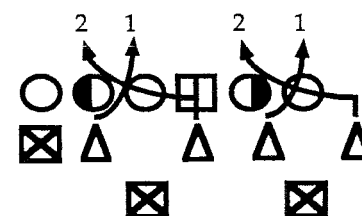


Note: End Read Technique

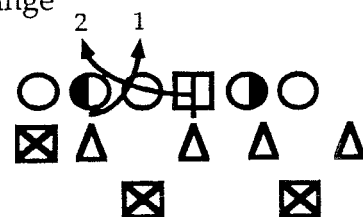
54 ISX



54 Elko

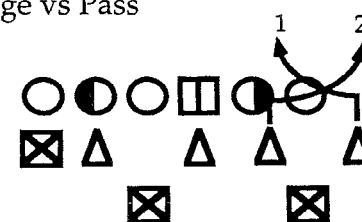


54 Sex-Change



Note: NT no Read Technique

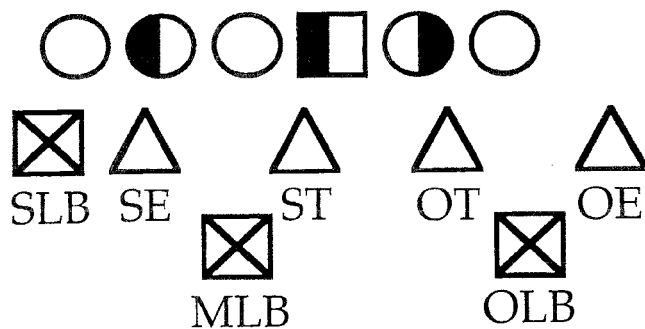
54 X-Change vs Pass



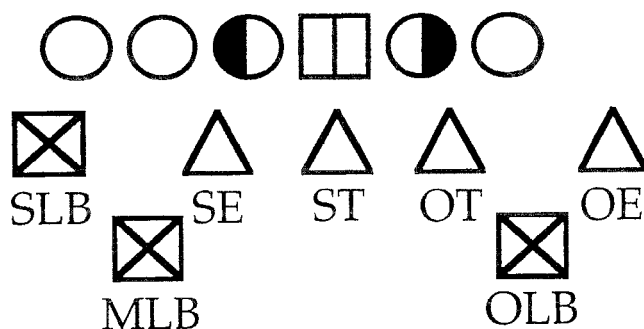
DE - Up & Under

DT - Engage first



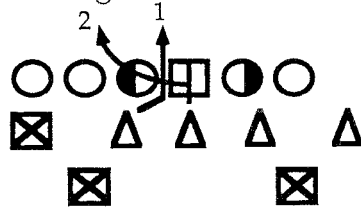


Position	Alignment	Key	Responsibility
Shut End	1. 5 Alignment - Tight outside shoulder OT	1. Tackle to ball	1. Play to - C gap squeeze B gap 2. Play away - Squeeze B gap to ball 3. Pass & Boot - Contain rush
Shut Tackle	1. Shutside shade	1. Center to ball	1. Play to - A gap 2. Play away - Knock Center back A gap. Don't get scooped by Guard.
Open Tackle	1. 3 Alignment 2. Possible Nail or Bang call	1. Guard to ball	1. Play to - B gap 2. Play away - B gap. Squeeze A gap 3. Pass - 2 way rush on OG
Open End	1. Colt Alignment - Tilt stance 1 1/2 yards outside OT 2. Possible Reduce call (5 Tech)	1. Tackle 2. Near Back to ball	1. Play to - C gap. Possible Bounce/Crash call 2. Play away - Trail. 3. Vs TE weakside 8 or 9 alignment based on force
Shut LB	1. 8 or 9 Alignment - based on force and coverage	1. Tight End 2. Near Back 3. 1st Linemen	1. Play to - Based on Force. Backer - Contain. Sky or Cleo - D gap 2. Play away - Trail
Mac LB	1. 3 Alignment - 3 to 4 yards in depth off Guard	1. Guard 2. Near Back/Flow	1. Play to - B gap 2. Play away - A gap weak stack Split Flow - Hold your position
Open LB	1. Colt Alignment - 3 to 4 yards in depth off OT. Adjust to Backfield set 2. Possible Reduce call 3. Possbiel Nail or Bang call	1. Thru Tackle to Near Back	1. Play to - C gap, play off DE 2. Play away - A gap to ball



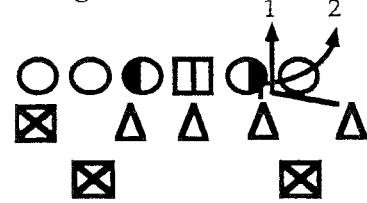
Position	Alignment	Key	Responsibility
Shut End	1. 3 Alignment	1. Guard to ball	1. Play to - B gap 2. Play away - B gap, squeeze A gap 3. Pass - Work to contain. Can Sex Change
Shut Tackle	1. 0 Alignment - Head up on OC	1. Center to ball	1. Flow Strong or Weak A gap to ball. Knock Center back 2. Pass - Work back to Shut side, inside rush lane
Open Tackle	1. 3 Alignment 2. Possible Nail or Bang call	1. Guard to ball	1. Play to - B gap 2. Play away - B gap. Squeeze A gap 3. Pass - 2 way rush on OG
Open End	1. Colt Alignment - Tilt stance 1 1/2 yards outside OT 2. Possible Reduce call (5 Tech)	1. Tackle 2. Near Back to ball	1. Play to - C gap. Possible Bounce/Crash call 2. Play away - Trail. 3. Vs TE weakside 8 or 9 alignment based on force
Shut LB	1. 8 or 9 Alignment - based on force and coverage	1. Tight End 2. Near Back 3. 1st Linemen	1. Backer - Contain, D gap. Sky or Cleo - Whip Tight End 2 gap to ball Read Over and Under handoff
Mac LB	1. 4 Alignment - Adjust alignment based on Backfield set	1. Tackle 2. Near Back, Flow	1. Play to - C gap 2. Play away - A gap to ball
Open LB	1. 4 Alignment - Adjust alignment based on Backfield set Play like 54 Def	1. Tackle 2. Near Back, Flow	1. Play to - C gap. Alert Crash call to DE 2. Play away - A gap to ball Read Over and Under handoff

54 Solid Sex-Change



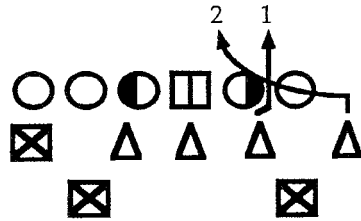
Note: Nose Read Technique

54 Solid X-Change



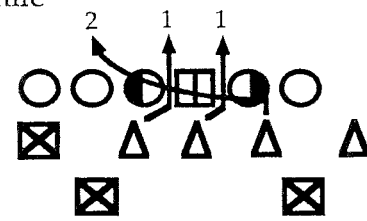
Note: Tackle Engage

54 Solid X

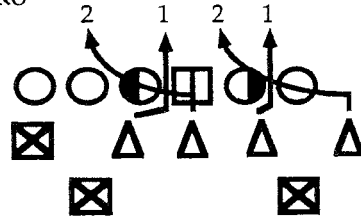


Note: Defensive End Read Technique

54 Solid Knife

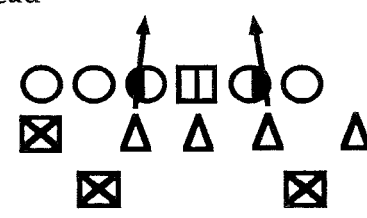


54 Solid Elko



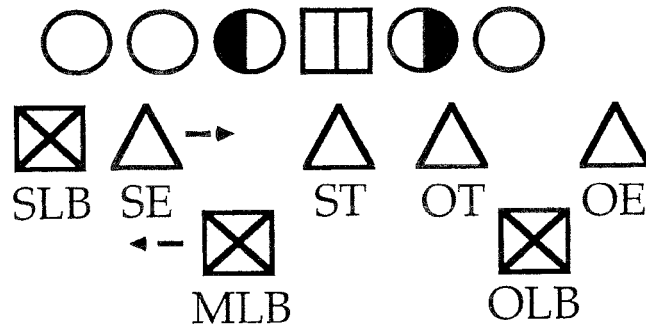
Note: Nose & DE Read Technique

54 Solid Read



Note: Nose Read Technique

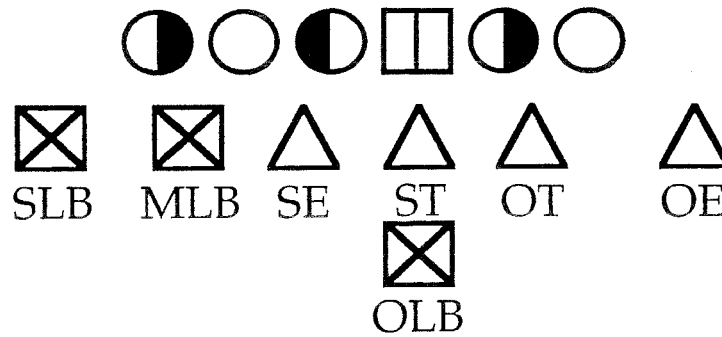




54 Sink is 54 Solid
if there is no Near
Back to Shut side

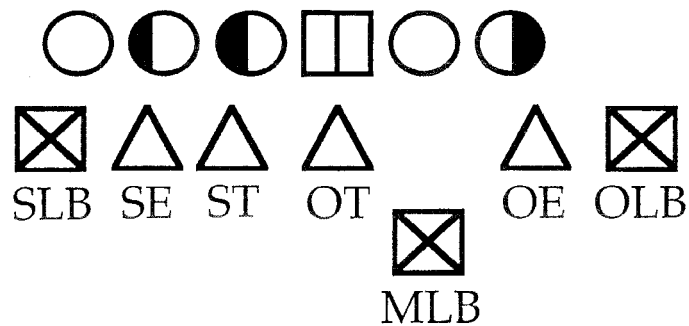
Position	Alignment	Key	Responsibility
Shut End	1. Near Back play 54 2. No Near Back Sink to 54 Solid 3. If Back is in Wing, play 54	1. Tackle to ball	1. Play to - C gap squeeze B gap 2. Play away - Squeeze B gap to ball 3. Pass & Boot - Contain rush
Shut Tackle	1. 0 Alignment - Head up on OC	1. Center to ball	1. Flow Strong or Weak A gap to ball. Knock Center back 2. Pass - Work back to Shut side, inside rush lane
Open Tackle	1. 3 Alignment 2. Possible Nail or Bang call	1. Guard to ball	1. Play to - B gap 2. Play away - B gap. Squeeze A gap 3. Pass - 2 way rush on OG
Open End	1. Colt Alignment - Tilt stance 1 1/2 yards outside OT 2. Possible Reduce call (5 Tech)	1. Tackle 2. Near Back to ball	1. Play to - C gap. Possible Bounce/Crash call 2. Play away - Trail. 3. Vs TE weakside 8 or 9 alignment based on force
Shut LB	1. Near Back play 54	1. Tight End 2. Near Back 3. 1st Linemen	1. Play to - Based on Force. Backer - Contain. Sky or Cleo - D gap 2. Play away - Trail
Mac LB	1. Near Back play 54 2. No Near Back Sink to 54 Solid	1. Guard to Near Back/Flow	1. Play to - B gap 2. Play away - A gap Read Over and Under Handoff
Open LB	1. Play like 54 Def. Adjust to Backfield sets	1. Guard to Near Back/Flow	1. Play to - C gap. Alert Bounce call to DE 2. Play away - A gap to ball

Lion



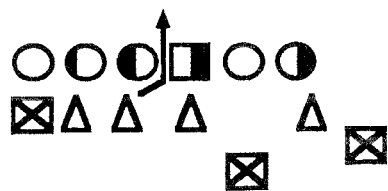
1. Open Zone Anchor
2. 1 Mule
3. Single Dogs

Position	Alignment	Key	Responsibility
Shut End	1. 3 Alignment	1. Guard to ball	1. Play to - B gap 2. Play away - B gap, squeeze A gap 3. Pass - Work to contain 4. Possible Sex Change
Shut Tackle	1. 0 Alignment - Head up on OC	1. Center to ball	1. Flow Strong or Weak A gap to ball. Knock Center back 2. Pass - Work back to Shut side, inside rush lane 3. Possible Sex Change
Open Tackle	1. 3 Alignment 2. Possible Nail or Bang call	1. Guard to ball	1. Play to - B gap 2. Play away - B gap. Squeeze A gap 3. Pass - 2 way rush on OG
Open End	1. Colt Alignment - Tilt stance 1 1/2 yards outside OT 2. Possible Reduce call (5 Tech)	1. Tackle 2. Near Back to ball	1. Play to - C gap. Possible Bounce/Crash call 2. Play away - Trail. 3. Vs TE weakside 8 or 9 alignment based on force
Shut LB	1. Wide 9 Alignment - 1 1/2 yards outside TE Alert Frisco - TE block Shut LB, Mac Blitz, Shut LB cover	1. Tight End 2. Near Back 3. 1st Linemen	1. Play to - D gap, contain outside run 2. Play away - Trail
Mac LB	1. 7 or 8 Alignment - Adjust alignment based on Backfield set	1. TE/OT 2. Near Back 3. 1st Linemen	1. Play to - C gap, don't get caved in by Tight End 2. Play away - C gap to ball. Play Cutback
Open LB	1. Align opposite Safety in box - adjust alignment to Backfield set	1. Backfield set to Flow	1. Flow Strong or Weak - shuffle, play inside out to ball 2. Possible Gap or Rip/Liz call Don't over run ball



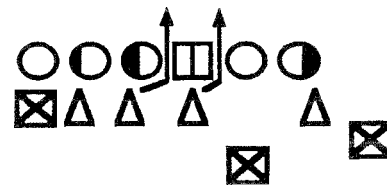
Position	Alignment	Key	Responsibility
Shut End	1. 6 Alignment - DE inside foot on outside foot of OT 2. Possible Sex-Change call	1. Tackle, to ball 2. Sex-Change Guard to ball	1. Play to - C gap, squeeze B gap 2. Play away - C gap, squeeze B gap - Trail 3. Sex-Change - Penetrate B gap 4. Pass & Boot - Contain rush
Shut Tackle	1. 3 Alignment 2. Possible "2" call vs wide split 3. "2" on Sex-Change (Engage) Alert Bang or Spike call	1. Guard, to ball	1. Play to - B gap 2. Play away - B gap. Squeeze A gap 3. Sex-Change - Flow to C gap, Flow away A gap 4. Pass - B/A gap rush lane
Open Tackle	1. 0 Alignment (2 Gap) - Head up on Center 2. Possible Stack or Ox call	1. Center to ball	1. Flow Strong or Weak A gap to ball. Knock Center back 2. Pass - Work back to openside, inside rush lane 3. Stack or Ox call move to Shade - alignment
Open End	1. 5 Alignment 2. Possible Ox call - 6 Alignment	1. Tackle to ball	1. Play to - C gap, squeeze B gap. Ox call - contain 2. Play away - squeeze B gap to ball. Ox call - C gap Trail
Shut LB	1. 9 or 8 Alignment based on Force and Coverage	1. Tight End 2. Near Back 3. 1st Linemen	1. Play to (Backer) - Contain. (Sky or Cleo) - D gap 2. Play away (Backer) - Trail. (Sky) - A gap. Vs Scoop - Squeeze & Trail
Mac LB	1. 2 or 3 Alignment 3 to 4 yards off Guard 2. Possible Stack or Ox call on Backfield set	1. Guard 2. Near Back/Flow	1. Play to - B gap 2. Play away - A gap 3. Put Lead play on outside pad
Open LB	1. Tag Alignment 2. Ox call vs Strong sets	1. Near Back/OT 2. Ox = Far Back thru Guard	1. Tag call = Trail 2. Ox call = Play to - Fill off DE. Play away - B gap to ball. Think Cutback 3. Put Lead play on inside pad

56 Spike

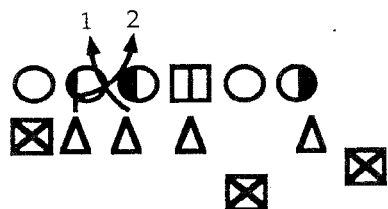


Note: Nose Tackle shade weak

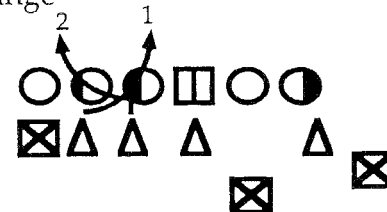
56 Slant-Open



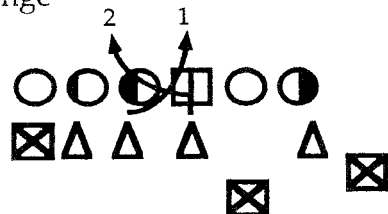
56 Sex



56 Sex-Change

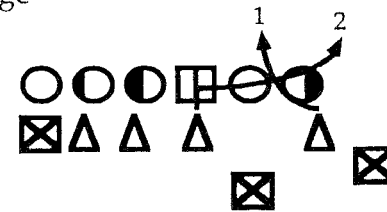


56 ISX-Change



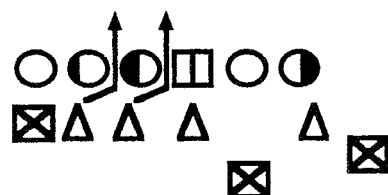
Note: Nose Tackle Read technique

56 X-Change



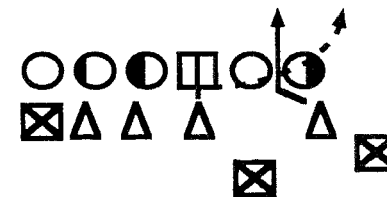
Note: Nose Tackle Read technique

56 Susie



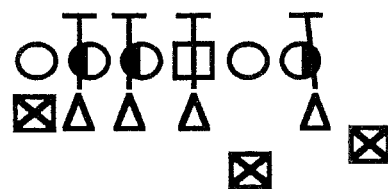
Note: If Near Back, call is off

56 Pinch (Nuke)

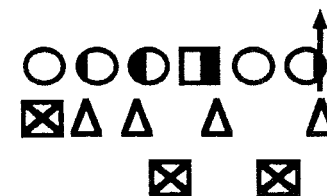


Note: Nose Tackle Read technique

56 Bull (Usually adjust to Ghost)



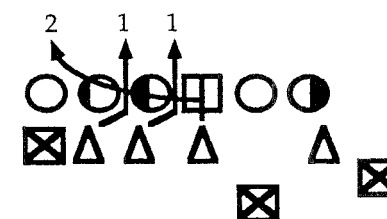
56 Ox



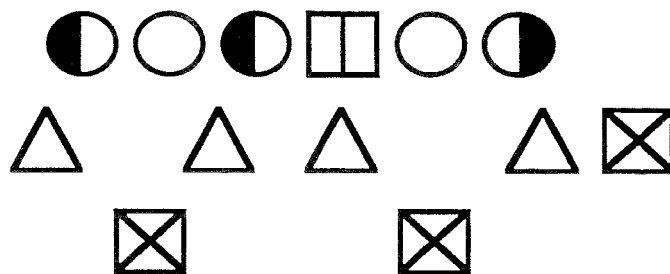
Note: Nose Tackle move to Shade alignment



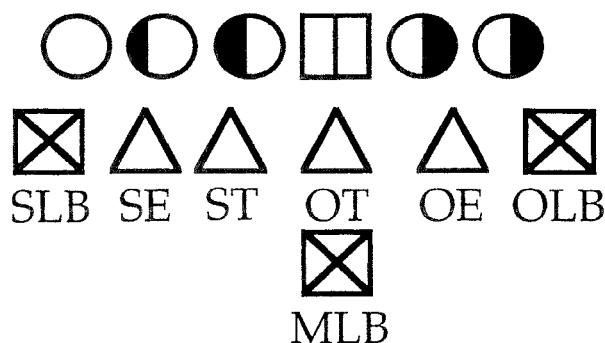
56 Knife



Note: Nose Tackle Read technique

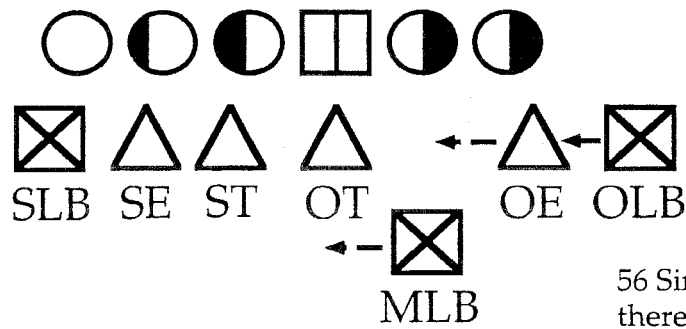


Position	Alignment	Key	Responsibility
Shut End	1. Stud Alignment = 9 Tech 2. Sky call = 8 Tech 3. 57 = 7 Tech 4. Slice = C gap Near Back rule 5. Vs Wing = 9 Tech	1. 9/8 = TE 2. 7 = TE to Tackle	1. Play to - 9 = D gap, 7 = C gap, 8 = Knock TE Back disengage to ball 2. Play away - Trail
Shut Tackle	1. 3 Alignment 2. Possible "2" call vs wide split 3. Possible Spike or Bang call	1. Guard, to ball	1. Play to - B gap 2. Play away - B gap. Squeeze A gap 3. Pass - B/A gap rush lane
Open Tackle	1. 0 Alignment (2 gap) head up on Center 2. Possible Ox call (- Shade)	1. Center to ball	1. Flow Strong or Weak A gap to ball. Knock Center back 2. Pass - Work back to openside, inside rush lane
Open End	1. 5 Alignment 2. Possible Ox call, 6 Alignment	1. Tackle to ball	1. Play to - C gap, squeeze B gap. Ox call - Contain 2. Play away - squeeze B gap to ball. Ox call - C gap Trail
Stub LB	1. Stud or 4 Alignment 3 to 4 yards in depth off OT. Adjust to backfield set. 2. Possible Spike or Bang call	1. Thru Tackle to Near Back	1. Play to - C gap 2. 57 or Slice = Scrape D gap 3. Play away - A gap unless Spike or Bang.
Mac LB	1. 2/3 Alignment 3 to 4 yards off Guard. 2. Possible Ox call on backfield set.	1. Guard 2. Near Back/Flow	1. Play to - B gap 2. Play away - A gap 3. Ox call - play shut A gap. Play open inside out to ball 4. Put Lead play on outside pad
Will LB	1. Tag Alignment 2. Ox call vs Strong sets	1. Near Back/OT 2. Ox = Far Back thru Guard	1. Tag call = Trail 2. Ox call = Play to - Fill off DE. Play away - B gap to ball



1. Open Zone
2. 1 Mule
3. Single Dogs

Position	Alignment	Key	Responsibility
Shut End	<ol style="list-style-type: none"> 1. 6 Alignment - DE inside foot on outside foot of OT 2. Bronco Adj - Align 1 1/2 yards outside TE on line of scrimmage Alert Frisco 	<ol style="list-style-type: none"> 1. Tackle, to ball 2. Sex-Change Guard to ball 	<ol style="list-style-type: none"> 1. Play to - C gap, squeeze B gap 2. Play away - C gap, squeeze B gap - Trail 3. Sex-Change - Penetrate B gap 4. Pass & Boot - Contain rush 5. Bronco - Contain wide run. Vs Wing formation attack inside shoulder of Wing. Don't be caved. If Near Back, contain rush.
Shut Tackle	<ol style="list-style-type: none"> 1. 3 Alignment 2. Possible "2" call vs wide split 3. "2" on Sex-Change 	<ol style="list-style-type: none"> 1. Guard, to ball 	<ol style="list-style-type: none"> 1. Play to - B gap 2. Play away - B gap. Squeeze A gap 3. Sex-Change - Flow to C gap, Flow away A gap 4. Pass - B/A gap rush lane
Open Tackle	<ol style="list-style-type: none"> 1. 0 Alignment (2 Gap) - Head up on Center 	<ol style="list-style-type: none"> 1. Center to ball 	<ol style="list-style-type: none"> 1. Flow Strong or Weak A gap to ball. Knock Center back 2. Pass - Work back to openside, inside rush lane
Open End	<ol style="list-style-type: none"> 1. 3 Alignment 	<ol style="list-style-type: none"> 1. Guard to ball 	<ol style="list-style-type: none"> 1. Play to - B gap 2. Play away - B gap, squeeze A gap 3. Pass - Possible X-Change
Shut LB	<ol style="list-style-type: none"> 1. 9 or 8 Alignment based on Force and Coverage 2. Bronco - Align in 7 Tech on TE Alert Frisco 	<ol style="list-style-type: none"> 1. Tight End 2. Near Back 3. 1st Linemen 	<ol style="list-style-type: none"> 1. Play to (Backer) - Contain. (Sky or Cleo) - D gap 2. Play away (Backer) - Trail. (Sky) - A gap. Vs Scoop - Squeeze & Trail
Mac LB	<ol style="list-style-type: none"> 1. Align away from Safety in box - adjust alignment to Backfield sets 	<ol style="list-style-type: none"> 1. Backs to Flow 	<ol style="list-style-type: none"> 1. Tight Read - A gap to ball Wide Read - Inside out to ball 2. Don't over run ball
Open LB	<ol style="list-style-type: none"> 1. 6 Alignment outside shoulder OT 	<ol style="list-style-type: none"> 1. Tackle 2. Near Back 3. 1st Linemen 	<ol style="list-style-type: none"> 1. Play to - C gap, force determined by coverage. Backer - Sky 2. Play away - squeeze C gap, Trail



56 Sink becomes 56 Solid if
there is no NB to Bubble side

Position	Alignment	Key	Responsibility
Shut End	1. 6 Alignment - DE inside feet on outside foot of OT	1. Tackle, to ball 2. Sex-Change Guard to ball	1. Play to - C gap, squeeze B gap 2. Play away - C gap, squeeze B gap - Trail 3. Sex-Change - Penetrate B gap 4. Pass & Boot - Contain rush
Shut Tackle	1. 3 Alignment 2. Possible "2" call vs wide split 3. "2" on Sex-Change	1. Guard, to ball	1. Play to - B gap 2. Play away - B gap. Squeeze A gap 3. Sex-Change - Flow to C gap, Flow away A gap 4. Pass - B/A gap rush lane
Open Tackle	1. 0 Alignment (2 Gap) - Head up on Center 2. Possible Stack or Ox call	1. Center to ball	1. Flow Strong or Weak A gap to ball. Knock Center back 2. Pass - Work back to openside, inside rush lane
Open End	1. Near Back play 56 2. No Near Back Sink to 56 Solid	1. Tackle to ball	1. Play to - C gap, squeeze B gap. Ox call - contain 2. Play away - squeeze B gap to ball. Ox call - C gap Trail
Shut LB	1. 9 or 8 Alignment based on Force and Coverage	1. Tight End 2. Near Back 3. 1st Linemen	1. Play to (Backer) - Contain. (Sky or Cleo) - D gap 2. Play away (Backer) - Trail. (Sky) - A gap. Vs Scoop - Squeeze & Trail
Mac LB	1. Near Back play 56 2. No Near Back Sink to 56 Solid	1. Guard 2. Near Back/Flow	1. Play to - B gap 2. Play away - A gap
Open LB	1. Near Back play 56 2. No Near Back Sink to 56 Solid	1. Near Back/OT 2. Ox = Far Back thru Guard	1. Tag call = Trail 2. Ox call = Play to - Fill off DE. Play away - B gap to ball

Cover 8

Audible: 8

Adjustments:

1. Cover 8/3, Check 3 vs Slot & Trips.
2. Jump
3. Hard
4. Flow (CB Press #1).
5. Zip/Crack/Flop Alert Tandem Call
6. Hammer - Cloud Strong Cov 8 Weak
7. Latch

STUB:

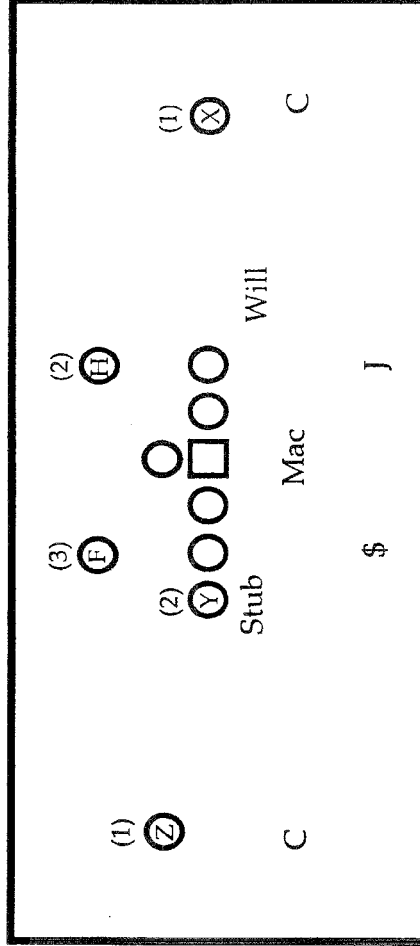
1. Curl to #2 or #3 in Flat.
2. Cover down wide #2.
3. Flood Weak-Collapse.
4. Force = "Backer."
5. "F" Under-Curl.
6. Cautious of crossing routes = 3 in Flat.
7. Hammer = Cloud technique

MAC:

1. Area drop to side of #3.
 2. Wall #2 or #3 and carry.
 3. "F" Under-Deep to short. (Read RB's)
 4. Hammer = Cloud technique
 5. Mac give OLB Lt/Rt call or Mac read it.
- Example: Mac Lt

WILL:

1. Curl to #2 or #3 Flat.
2. Flood strong-Collapse and look for crossing routes.
3. "Backer" force. (Unless Colt)
4. Alert for Safety calls.



STRONG CORNER:

1. "Z" m/m I upfield
2. Key #2.
3. #2 Flat or under stay m/m I.
4. Tandem call.
Zip/Crack-Collapse on 1st deep outside threat m/m.
5. Hammer = Funnel technique.

SAM:

1. #2 Seam (12 yd +).
2. "Backer" force. (If LB widest)
3. Key #2/+3.
4. #2 Flat or under Rob inside routes of "Z."
5. All other routes zone 1/4.
6. Hammer = Play like 1/2's.
7. Press: Zone 1/4 on read of #2.
8. Sam cover all vertical routes by #2 or #3 to Post or Corner

JILL:

1. Weak inside 1/4 Seam.
2. Key #2.
3. Rob inside routes of "X" if quick read.
4. All other releases of #2 zone 1/4.
5. Jump vs Flex.
6. Trips - possible Flow.
7. Possible Hard call vs "X."
8. If #2 on LOS play like SAM

WEAK CORNER:

1. "X" m/m I upfield.
2. Key #2.
3. If #2 in Flat or Quick inside Safety help on X. All other releases m/m I X alone.
4. Alert China route (Sink)
Press = China.
5. Jump vs Flex.

Cover 8 vs Slot

Adjustments

1. Possible Anchor.
2. Tandem vs Zip/Crack or Wing alignment.

WILL:

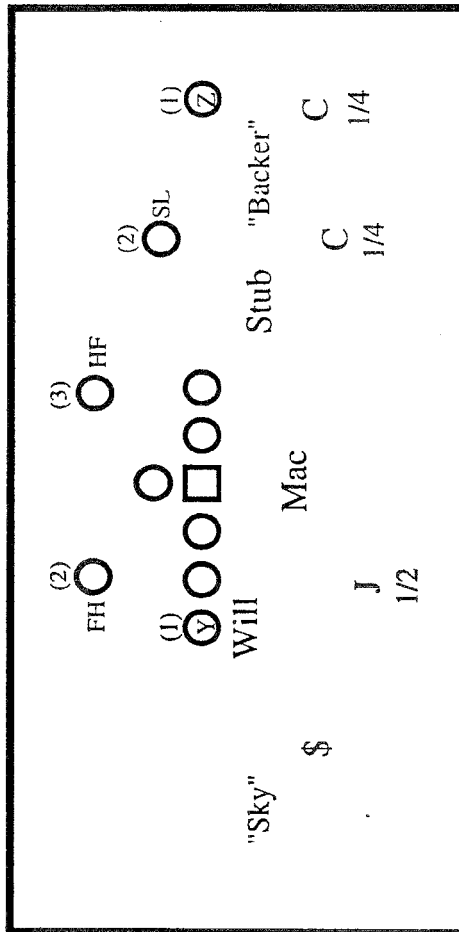
1. Hard Call - Sky force. Whip TE run or pass. Wall TE hook - Collapse on Fire.
2. Tandem Call - Backer force like Cover 8 #2 or #3 in Flat.
3. Cat Call - Cover TE Flat.

MAC:

1. Wall #3 & carry.
2. #3 Flat wall #2.
3. Alert TE cross.
4. Flood Weak - Work to #3 side.
5. Slot Wide (2/2) - React to #3.
6. Vs crossing routes react to new #3.

STUB:

1. Cover down, wall and collision #2.
2. Take #2 or #3 Flat (includes TE cross).
3. Alert China call (Take China).
4. Window dress cover 3.
5. Give Defensive line Reduce call if appropriate.



SAM:

1. Hard Call - Sky force Flat & Flat & Up.
2. Tandem Call - Vs Wing look play like Cover 8 (Deep 1/4's).
3. Cat Call - Blitz - Peel on Near Back release.

JILL:

1. Weak 1/2.
2. Cover TE/Post Corner.
3. Vs F Under cover TE.
4. TE no factor alert #2 or #3 from strong side.

SLOT CORNER:

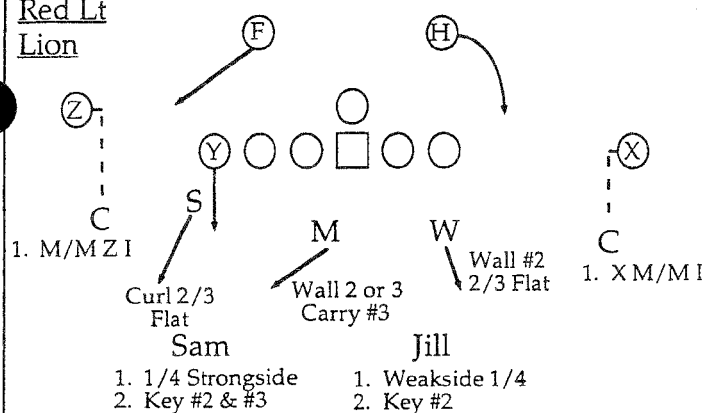
1. Align 12 yds deep over Slot. Adjust alignment based on LB align.
2. Hold off #2 Seam. Play Post and Corner (Sail).
3. #2 cross or Curls lean on "Z."
4. #2 Flat rob "Z."
5. Window dress cover 3 then get depth.

STRONG CORNER:

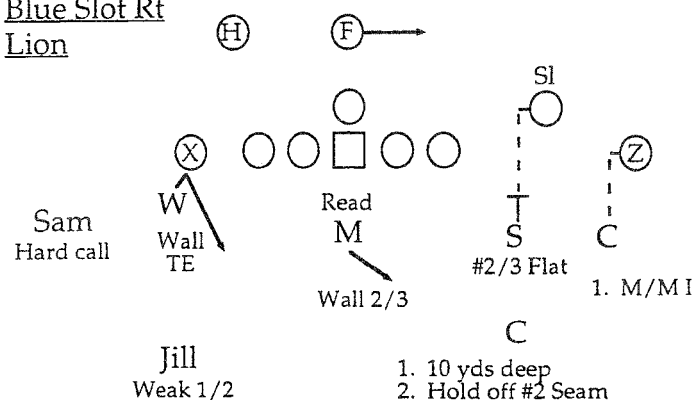
1. M/M I technique on Z. Squeeze Post.
2. Vs China - Sink on Slot Corner route.

Cover 8 - Quarters

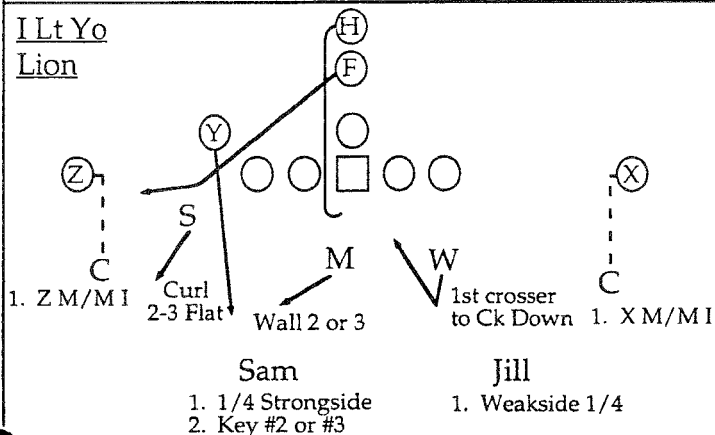
Red Lt Lion



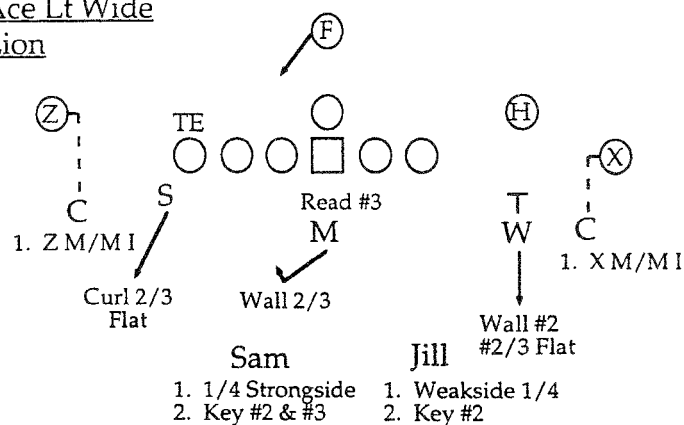
Blue Slot Rt Lion



I Lt Yo Lion

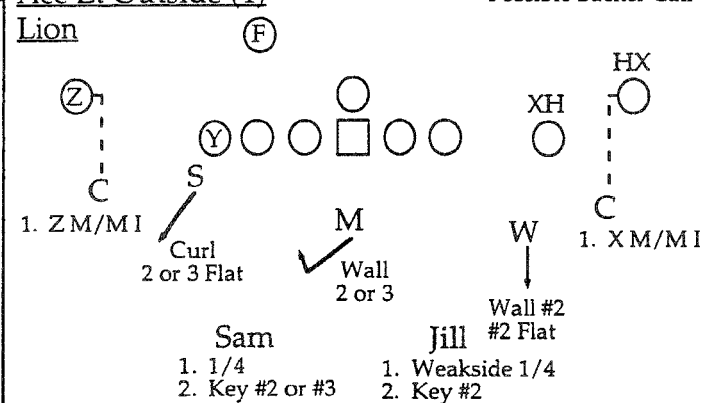


Ace Lt Wide Lion

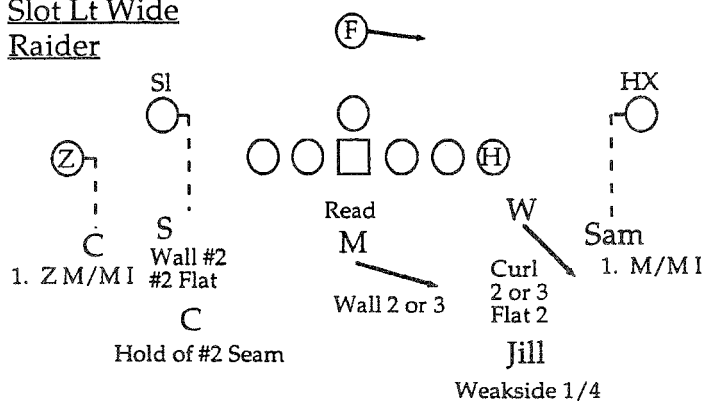


Ace Lt Outside (4) Lion

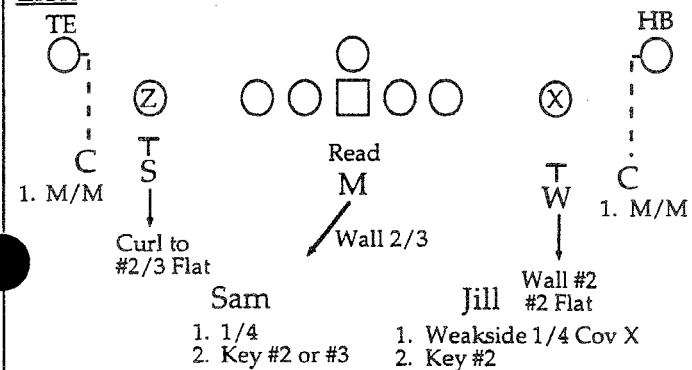
Possible Backer Call



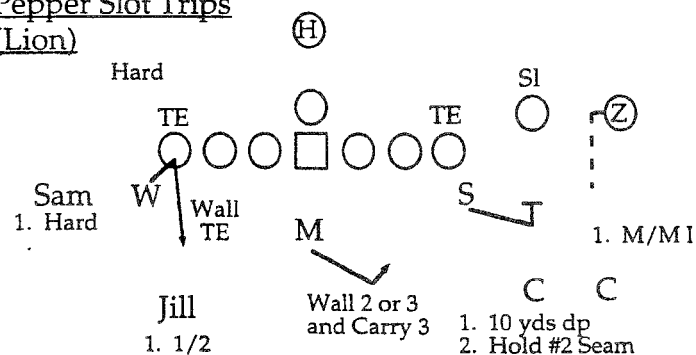
Slot Lt Wide Raider

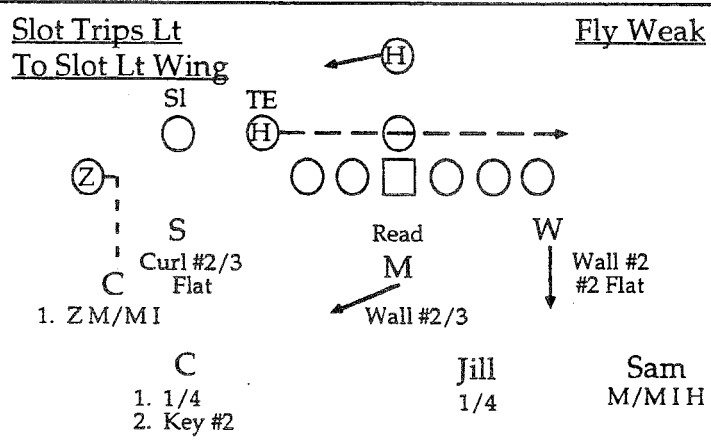
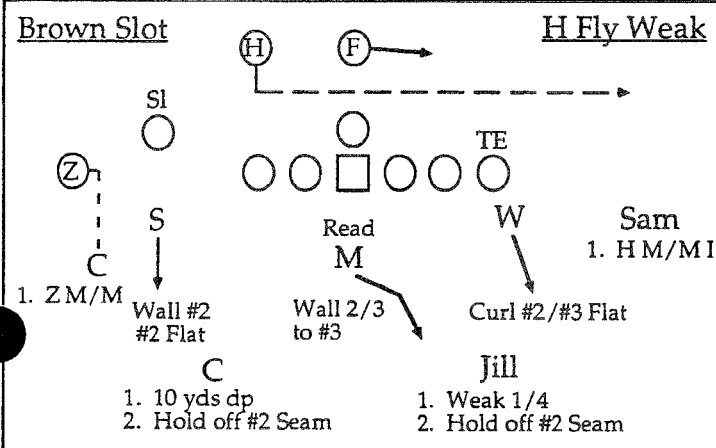
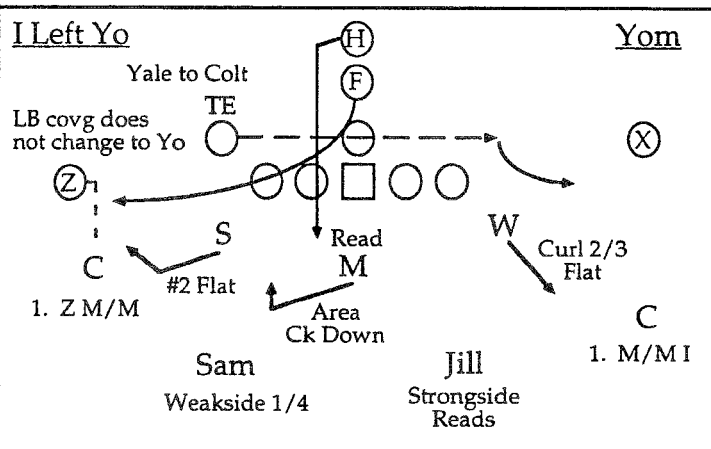
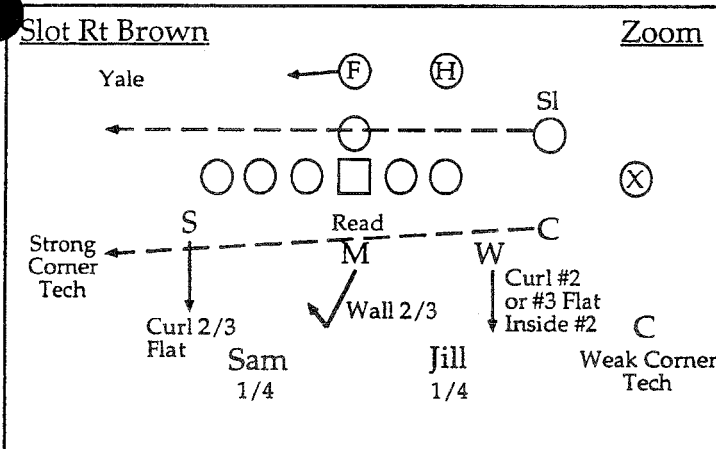
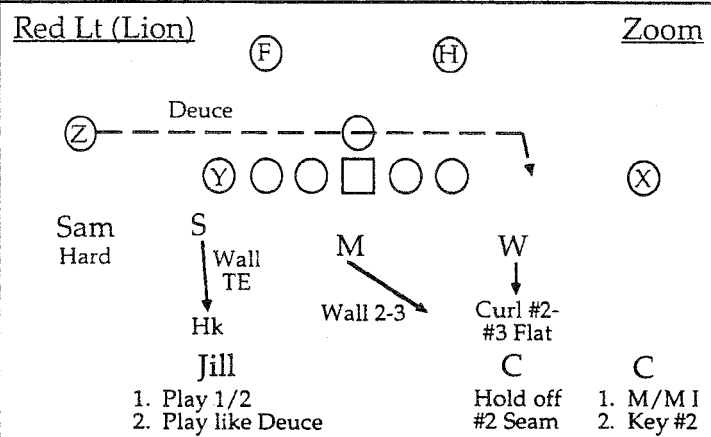
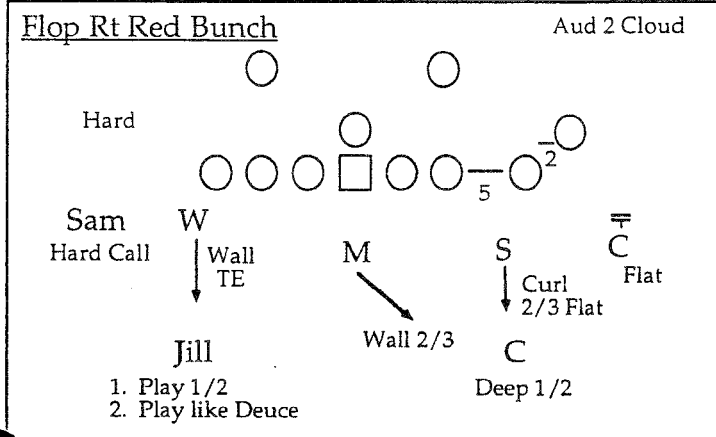
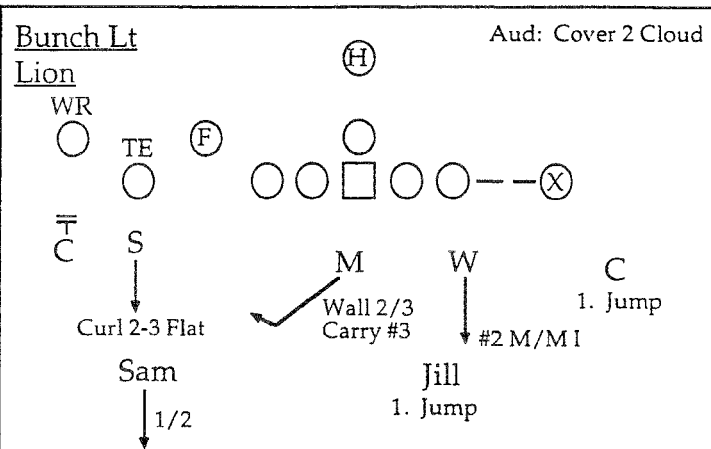
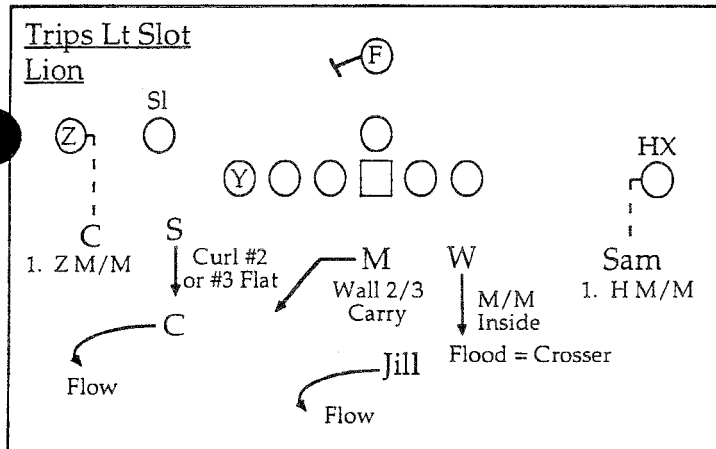


Ace Lt Y+H Outside Lion



Pepper Slot Trips (Lion)





Strong Zone - Cover 3

Backer

Audible - "Lou/Rose"

STUB:(Curl to Flat)

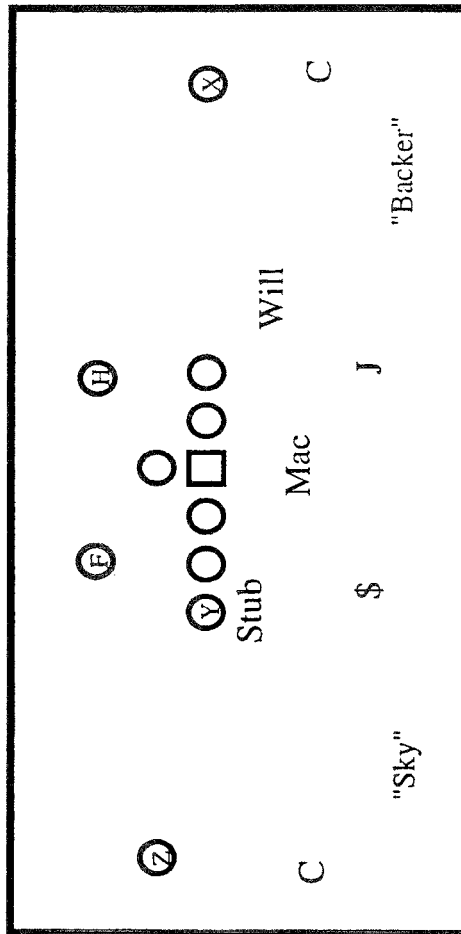
1. Backer Force. Contain.
2. Don't be held on inside release of "Y." Stay square.
3. 2 or 3 outside - Hang in Curl. Break on QB shoulders.
4. Fire Rules - 1st outside.
5. F Under take Back.

MAC: (Weak Hook to Curl)

1. Read #2 Weak.
 2. #2 upfield wall to 12 yds. #2 wide expand to #1.
 3. Flood Strong - Play Fire rules.
 4. Flood Weak - Expand.
- **Alert 3 outside with wave pattern.

WILL: (Curl to Flat)

1. Hang technique. (Break on ball)
2. Cover down a wide #2 receiver.
3. Responsible for Flat & UP - 2nd guy through your zone.
4. Flood Weak - Expand. Hold off corner route.
5. Flood Strong - Crosser to check down.
6. Vs "X" Flex - Expand. Think sideline cut.



STRONG CORNER:

1. M/M I clue on Z unless crack alignment.
2. Sideline rule - 7 yds.
3. Double Seam prepare to collapse on #2. (Snake)

SAM:

1. Backer Force (Cutback).
2. Wall the inside Hook.
3. Flood Weak - Squeeze Y.
4. Flood Strong - Y Seam or Dig to check down. Cover Y in or out.
5. "F" Under - Cover TE.
6. Carry deep in or corner by Y including Sail.

JILL:

1. Deep middle 1/3.
2. Alert for diagonals (Zip) (Crack).
3. Double Seam hold off #2 Weak.
4. Balance up on formation & movement.

WEAK CORNER:

1. M/M I Clue unless Flex
2. Squeeze Post.
3. Sideline rule - 7 yds.
4. Double Seam prepare to collapse on #2 Weak. (Snake)

Cover 3 vs Slot

Audible: Lou/Rose

Adjustments

1. 43 vs Slot Wide = LB adj 44
2. 56 Stud vs Slot Wide = Ox
- Shut LB go to "6"

WILL:

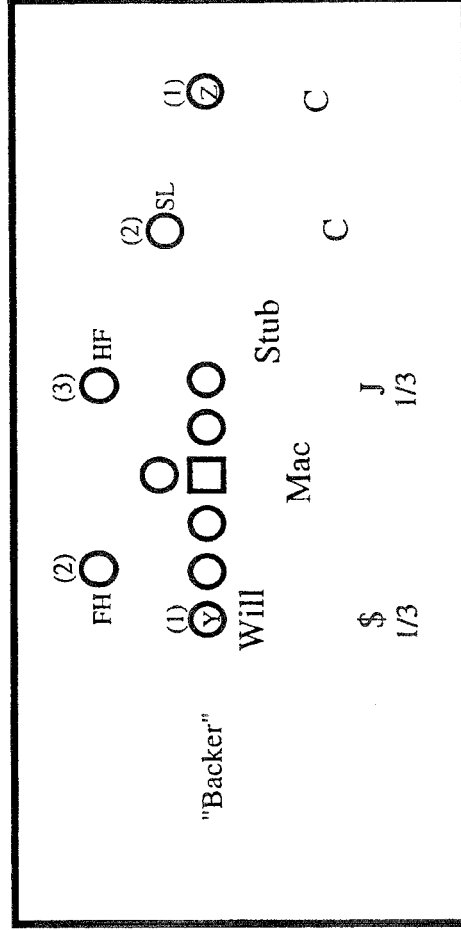
1. Backer Force if possible.
2. Area drop outside deep to short.
3. Run with Flat & Up.
4. "F" Under - Play TE from outside.
5. Vs Slot Wide take F under.

MAC:

1. Weak Hook - Wall TE 12-14 yds.
2. "F" under play deep to short.
3. Flood Strong - Look for crossing routes by TE

STUB:

1. Backer (Tag Align) Easy/Crash (Colt Align.)
2. Key #3 - Hook to Curl.
3. #3 block expand drop & wall #2.
4. Flood Strong - Expand.
5. Flood Weak - Look for crossers.
6. Sail - Wall #2 cover #3 Flat.



SAM:

1. Outside 1/3. Key TE.
2. Backer Force.
3. No deep threat alert diagonal from strongside.
4. Double Post - Play shortest. If no TE deep release your side.

JILL:

1. Middle 1/3 - Favor slotside. Align over opposite Guard.
2. Alert #2 Strong Seam.
3. Double Post - Play deepest.

SLOT CORNER:

1. Align outside Slot 5 yds deep.
2. Backer or Easy Force.
3. Catch & Funnel Slot then work to #1 quickly.
4. Key #2 & #3 for pattern read.
5. #2 or #3 Flat - Expand.
6. Sail - Hold off Seam or Corner.

STRONG CORNER:

1. M/M IC on Z
2. Double Seam prepare to collapse on 2.
3. Double Post - Squeeze Z.

Strong Zone - Cover 3	Sky	Audible - "Lou/Rose"
STUB:(Hook to Curl) 1. Whip TE run or pass. 2. No inside release of "Y" (Jam). 3. FB & "Y" combinations. 83 action. 4. Flood Weak - Collapse. Ride TE. 5. Flood Strong - Expand. 6. Sail - Break on #3 in Flat. 7. F Under - Cover "Y" & react to F Under.	MAC: (Weak Hook to Curl) 1. Read #2 Weak. 2. #2 upfield wall to 12 yds. #2 wide expand to #1. 3. Flood Strong - Play Fire rules. 4. Flood Weak - Expand. **Alert 3 outside with wave pattern.	WILL: (Curl to Flat) 1. Hang technique. (Break on ball) 2. Cover down a wide #2 receiver. 3. Responsible for Flat & UP - 2nd guy through your zone. 4. Flood Weak - Expand. Hold off corner route. 5. Flood Strong - Crosser to check down. 6. Vs "X" Flex - Expand. Think sideline cut.
STRONG CORNER: 1. M/M I clue on Z unless crack alignment. 2. Sideline rule - 7 yds. 3. Double Seam prepare to collapse on #2. (Snake)	<div data-bbox="716 543 1177 1472"> </div> JILL: 1. Deep middle 1/3. 2. Alert for diagonals (Zip). 3. Double Seam hold off #2 Weak. 4. Balance up alignment on formation & movement.	WEAK CORNER: 1. M/M I Clue unless Flex 2. Squeeze Post. 3. Sideline rule - 7 yds. 4. Double Seam prepare to collapse on #2 Weak. (Snake)

Strong Zone - Cover 3

Cleo

Audible - "Lou/Rose"

STUB: Stack (Hook to Curl)

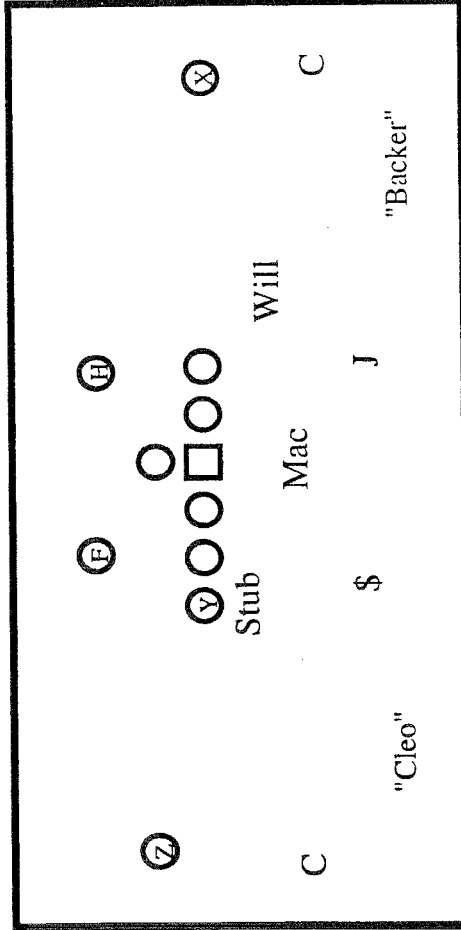
1. Cleo Force.
2. Don't be held on inside release of "Y." Stay square.
3. 2 or 3 outside - Hang in Curl. Break on QB shoulders.
4. Fire Rules - 1st outside.
5. F Under take Back. Read rib cage.
6. Vs Slot - Cover down.

MAC: (Weak Hook to Curl)

1. Read #2 Weak.
 2. #2 upfield wall to 12 yds. #2 wide expand to #1.
 3. Flood Strong - Play Fire rules.
 4. Flood Weak - Expand.
- **Alert 3 outside with wave pattern.

WILL: (Curl to Flat)

1. Hang technique. (Break on ball)
2. Cover down a wide #2 receiver.
3. Responsible for Flat & UP - 2nd guy through your zone.
4. Flood Weak - Expand. Hold off corner route.
5. Flood Strong - Crosser to check down.
6. Vs "X" Flex - Expand. Think sideline cut.



STRONG CORNER:

1. Re-route receiver outside. Cleo Force.
2. Key TE & Near Back.
3. Hold off fade.
4. Run with 2nd receiver through zone.
5. Vs Crack alignment of Z - Funnel technique

SAM:

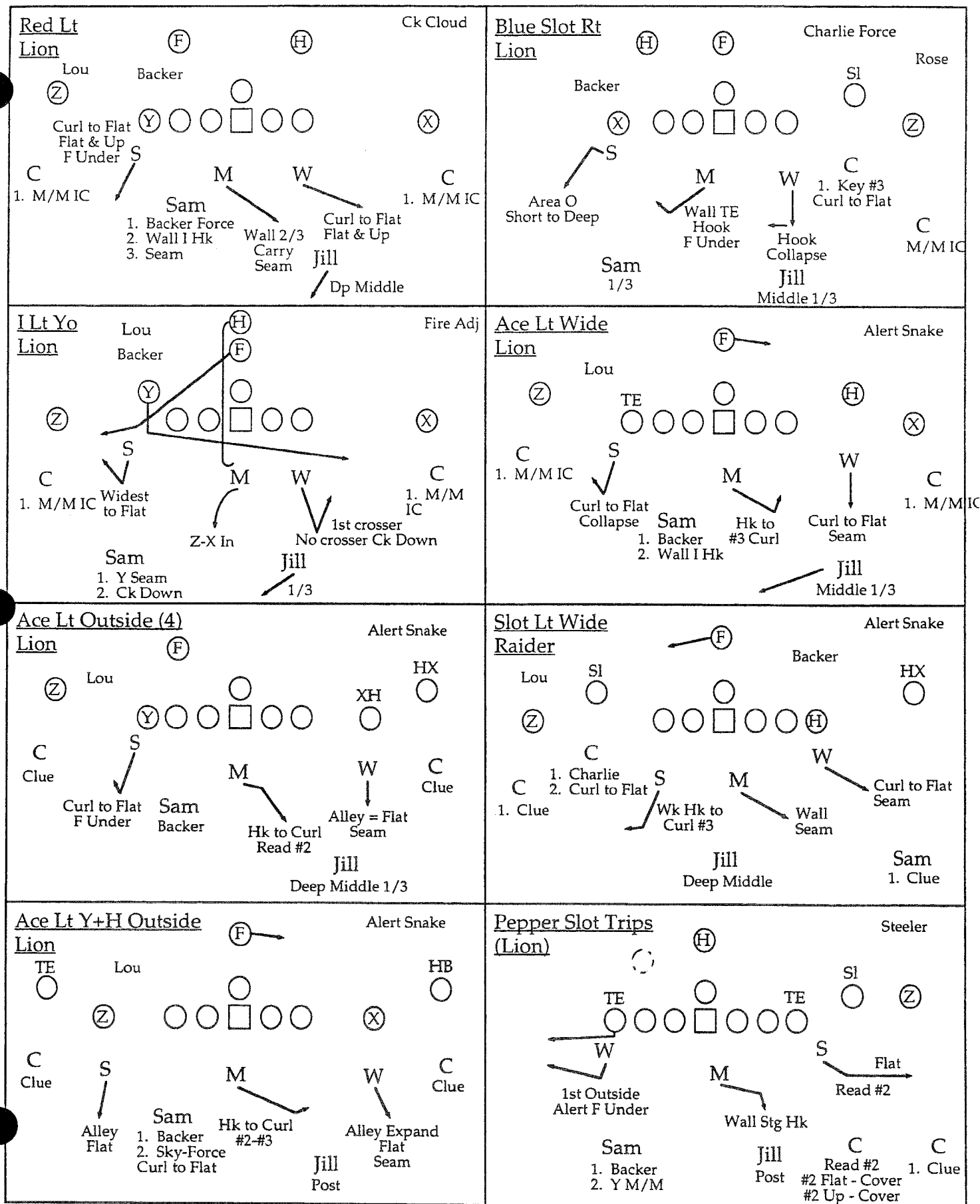
1. Deep outside 1/3. Work to #2.
2. Vs Double Seam (Snake route) be able to react back to Y.

JILL:

1. Deep middle 1/3.
2. Alert for diagonals (Zip).
3. Double Seam hold off #2 Weak.
4. Balance up on formation & movement.

WEAK CORNER:

1. M/M I Clue unless Flex
2. Squeeze Post.
3. Sideline rule - 7 yds.
4. Double Seam prepare to collapse on #2 Weak. (Snake)



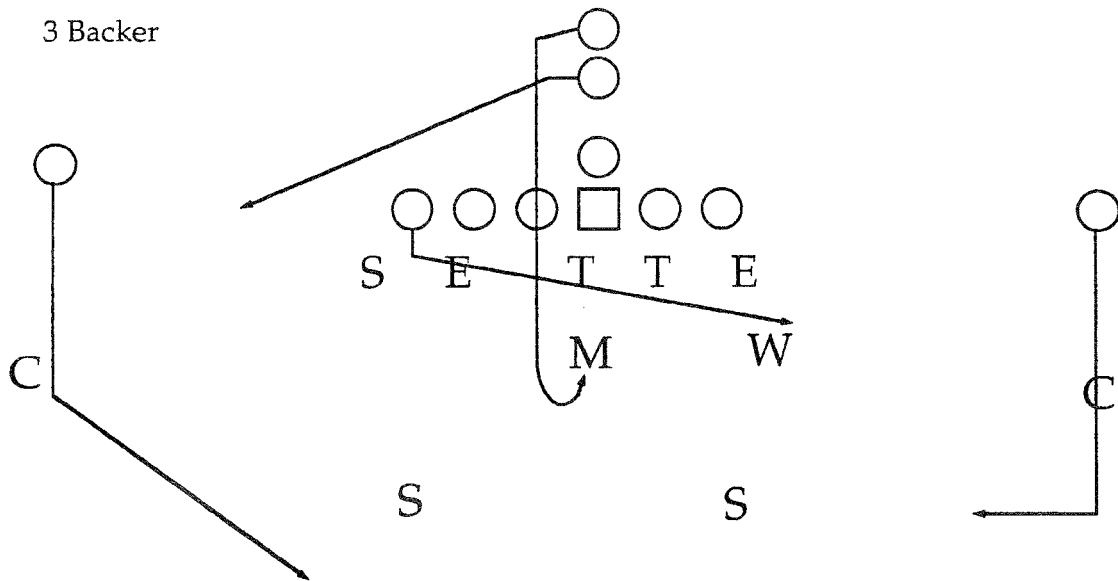
<p><u>Trips Lt Slot</u> <u>Lion</u></p> <p>1. Backer Force 2. #2 or #3 O Curl</p>	<p><u>Bunch Lt</u> <u>Lion</u></p>
<p><u>Flop Rt Red Bunch</u></p>	<p><u>Red Lt (Lion)</u></p>
<p><u>Slot Rt Brown</u></p>	<p><u>I Left Yo</u></p>
<p><u>Brown Slot</u></p>	<p><u>Slot Trips Lt</u> <u>To Slot Lt Wing</u></p>

Strong Flat Defender = Flat

Strong Hook Defender = a. Y Seam b. Checkdown

Weak Hook Defender = X to Z In

Weak Flat Defender = a. Crosser b. Checkdown



Cover 3 Steeler

Audible: Steeler Lt/Rt A Check vs Trips or Strong Sets

Adjustments:

1. Variation - Pittsburgh
2. Cover 3 = Ck Steeler vs Trips or Tan & Brown Slot.
3. Cover 2/3 Steeler = Steeler vs Trips

STUB:(Flat Drop - Read #2)

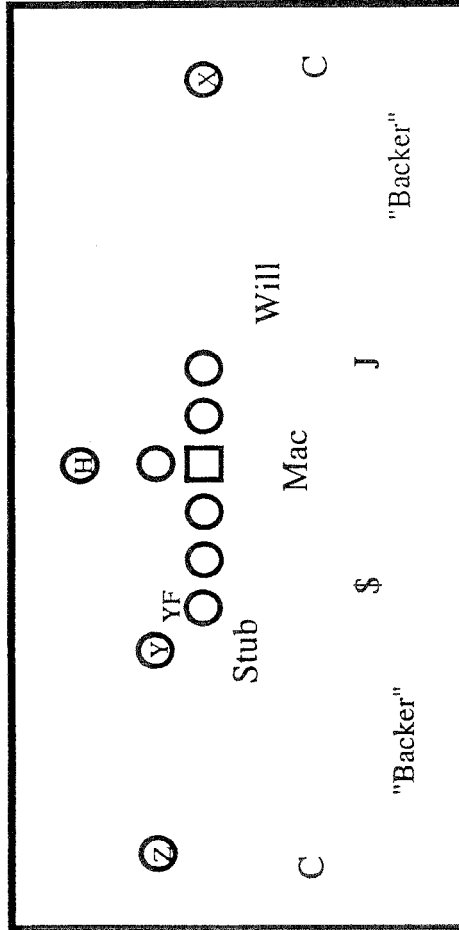
1. Backer Force - can walk (give DE "7" call). (Colt = Sky, Charley)
2. Flat Drop - Insure the sideline cut. If #2 to Flat work to Curl.
3. F Under - Work back inside to Z Curl.

MAC:

1. Wall & carry #2 or #3 strongside until you get help weakside.
2. No routes inside expand.
3. Fire (Flow Strong) pass 1st crosser to Will and work to next inside receiver.
4. Take F Under strongside. (Deep to short)

WILL:

1. M/M I on #2 Weak.
2. #2 vertical or outside cover (#2 cross shallow zone up).
3. #2 check - Drop. Alert screen and check down.
4. Fire - Drop and look for crosser to check down.
5. TE Weakside
 - a. Backer Force.
 - b. 1st outside shallow break m/m. Don't chase strongside.
 - c. Take F Under weakside.



STRONG CORNER:

1. Steeler = M/M I Clue

SAM/SLOT CORNER:

1. Backer Force (Sky - Charley with DE).
2. Read #2. #2 Flat - Cover. #2 Seam - Carry.
3. Cover Sail route.
4. F Under collapse to #2 (TE)

JILL:

1. Deep middle 1/3 like Cover 3.

WEAK CORNER/SAM if Slot:

1. M/M I.
2. X China - Cover X.
3. X Flex let short crossing routes go. (Think crosser or H).
4. TE Weakside
 - a. Backer Force.
 - b. 1st upfield route cover m/m.
 - c. TE Slow - Look for diagonal.

Cover 3 Pittsburgh

Audible: Pittsburgh Lt/Rt

Adjustments:

STUB:

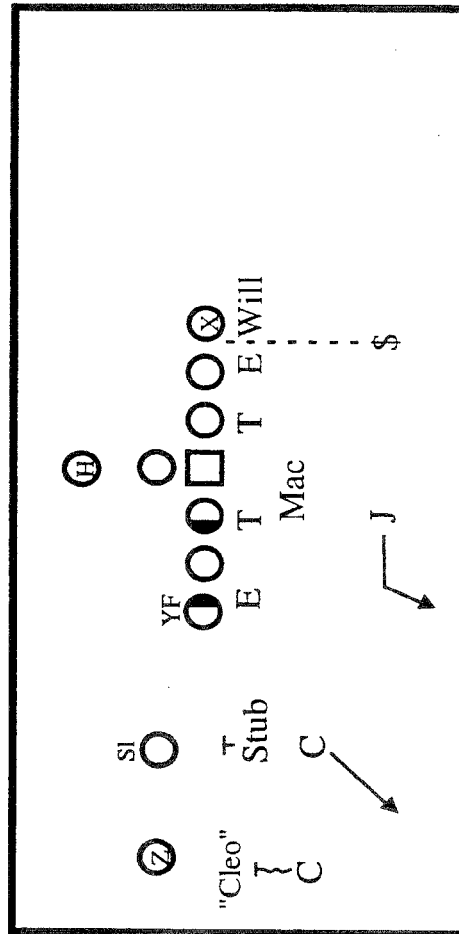
1. Cleo Force.
2. #2 Seam to Curl.
3. Sail route cover #3 late.
4. F Under - Collapse on under.

MAC:

1. Wall & carry #2 or #3 strongside until you get help weakside.
2. No routes inside expand.
3. Fire (Flow Strong) pass 1st crosser to Will and work to next inside receiver.
4. F Under - Cover TE upfield.

WILL:

1. M/M I on #2 Weak.
2. #2 vertical or outside cover #2 cross shallow zone up.
3. #2 check - Drop. Alert screen and check down.
4. Fire - Drop and look for crosser to check down.
5. TE Weakside
 - a. Backer Force.
 - b. 1st outside shallow break m/m. Don't chase strongside.
 - c. Take F Under weakside.



STRONG CORNER:

1. Cleo Force. Kick technique - Force WR outside. Be physical.
2. Flat Zone.
3. Sail - Play deep to short.
4. Z China - Cover Z.

SAM/SLOT CORNER:

1. Disguise intentions.
2. Deep outside 1/2. Play #1 receiver inside out.

JILL:

1. Deep middle 1/3 like Cover 3.

WEAK CORNER/SAM if Slot:

1. M/M I.
2. X China - Cover X.
3. X Flex get short crossing routes go. (Think crosser or H).
4. TE Weakside
 - a. Backer Force.
 - b. 1st upfield route cover m/m.
 - c. TE Slow - Look for diagonal.

34 Audible

Safeties - Be decisive give Lou/Rose call

1. Slot = Zone Slot. Trips - Zone Trips.
2. Two Backs = Zone Formation.
3. Zone Motion - Zoom, Yo, Fly Weak & Strong.
4. One Back - Zone away from Lion/Raider call.

<p>Red Left Zone Formation</p> <p>FB HB</p> <p>WR "Lion" TE ○ ○ □ ○ ○</p> <p>S E T T E</p> <p>C ↓ "Sky" SS M B FS</p> <p>"Lou" Cover 3</p>	<p>Pepper Ace Right Zone Away</p> <p>RB</p> <p>WR TE "Raider" TE</p> <p>B E T T E S</p> <p>C ↓ "Sky" FS M SS</p> <p>"Lou" Cover 4 Backer</p>
<p>Tan Left Zone Formation</p> <p>HB FB</p> <p>WR "Lion" TE ○ ○ □ ○ ○</p> <p>S E T T E</p> <p>C ↓ SS M B FS "Sky"</p> <p>"Rose" Cover 4 Sky</p>	<p>Slot Right Wide Zone the Slot</p> <p>RB</p> <p>RB "Lion" TE ○ ○ □ ○ ○ WR</p> <p>B E T T E</p> <p>SS ↓ M S C C "Charlie"</p> <p>"Rose" Cover 3 Charlie</p>
<p>I Left (To or Away) Game Plan</p> <p>RB RB</p> <p>WR "Lion" TE ○ ○ □ ○ ○</p> <p>S E T T E</p> <p>C ↓ SS M B FS "Sky"</p> <p>"Rose" Cover 4 Sky</p>	<p>Slot Black Right Zone the Slot</p> <p>RB RB</p> <p>WR "Lion" TE ○ ○ □ ○ ○ WR</p> <p>B E T T E</p> <p>SS ↓ M S C C "Charlie"</p> <p>"Rose" Cover 3 Charlie</p>
<p>Black Left Zone Formation</p> <p>HB FB</p> <p>WR "Lion" TE ○ ○ □ ○ ○</p> <p>S E T T E</p> <p>C ↓ SS M B FS</p> <p>"Lou" Cover 3 Sky</p>	<p>Slot Right Wing Zone the Slot</p> <p>RB</p> <p>FB "Lion" TE ○ ○ □ ○ ○ WR</p> <p>B E T T E</p> <p>"Backer" SS M S C C "Charlie"</p> <p>"Rose" Cover 3 Charlie</p>
<p>Red Left Zone Formation</p> <p>RB</p> <p>WR RB "Lion" TE ○ ○ □ ○ ○</p> <p>S E T T E</p> <p>C ↓ "Backer" SS M B FS</p> <p>"Lou" Cover 3 Backer</p>	<p>Slot Trips Right Zone Trips</p> <p>RB</p> <p>"Lion" TE ○ ○ □ ○ ○ RB WR</p> <p>B E T T E S</p> <p>SS M FS C C "Charlie"</p> <p>"Rose" Cover 3 Charlie</p>

Zone Formation

Anchor

1. Anchor/"Backer" Force except "Wing."
2. Zone running strength.
3. No change with "Zoom" motion.
4. Zone Fly motion (Pepper).

1

<p>Red Left</p>	<p>Black Right</p>
<p>Tan Left</p>	<p>Slot Black Right</p>
<p>Slot Tan Left "Zoom"</p>	<p>Black Left Off "Yo"</p>
<p>Slot Right Wide</p>	<p>Slot Tan Right "F" Fly Weak</p>
<p>Pepper Trips Left "YF" Fly Weak</p>	<p>Pepper Slot Trips Right On</p>

Open Zone Anchor

Safeties:

1. If one TE zone open side.
2. If two TE zone away from Lion or Raider call.
3. Always Zone Trips - If Fly Weak away from Trips zone side of motion.
4. Yo/Zoom Motion - Still zone original open side.

<p>I Left</p> <p>FB HB</p> <p>WR "Lion" TE ○ ○ □ ○ ○ WR</p> <p>S E T T E B</p> <p>C SS M FS C</p> <p>"Backer"</p>	<p>Slot Brown Left</p> <p>RB RB</p> <p>WR WR "Raider" TE</p> <p>FS E T T E B</p> <p>C S M SS C</p> <p>"Sky"</p>
<p>I Left "Zoom"</p> <p>HB FB</p> <p>WR "Lion" TE ○ ○ □ ○ ○ WR</p> <p>S E T T E</p> <p>C SS M B FS C</p> <p>"Sky"</p>	<p>Slot Black Right "Zoom"</p> <p>RB RB</p> <p>WR "Lion" TE ○ ○ □ ○ ○ WR</p> <p>B E T T E</p> <p>C SS M S FS C</p> <p>"Sky"</p>
<p>Pepper Trips Right (2)</p> <p>*Trips Fly to Ace = Zone Motion</p> <p>RB</p> <p>WR "Raider" TE TE</p> <p>E T T E S</p> <p>C B M FS SS C</p> <p>"Backer"</p>	<p>Pepper Slot Trips Left "Zoom"</p> <p>RB</p> <p>"Lion" WR - TE ○ ○ □ ○ ○ TE</p> <p>S E T T E B</p> <p>C FS S M SS C</p> <p>"Sky"</p>
<p>○ ○ □ ○ ○</p>	<p>○ ○ □ ○ ○</p>

Cover 4 (Weak Zone) Fire Rules

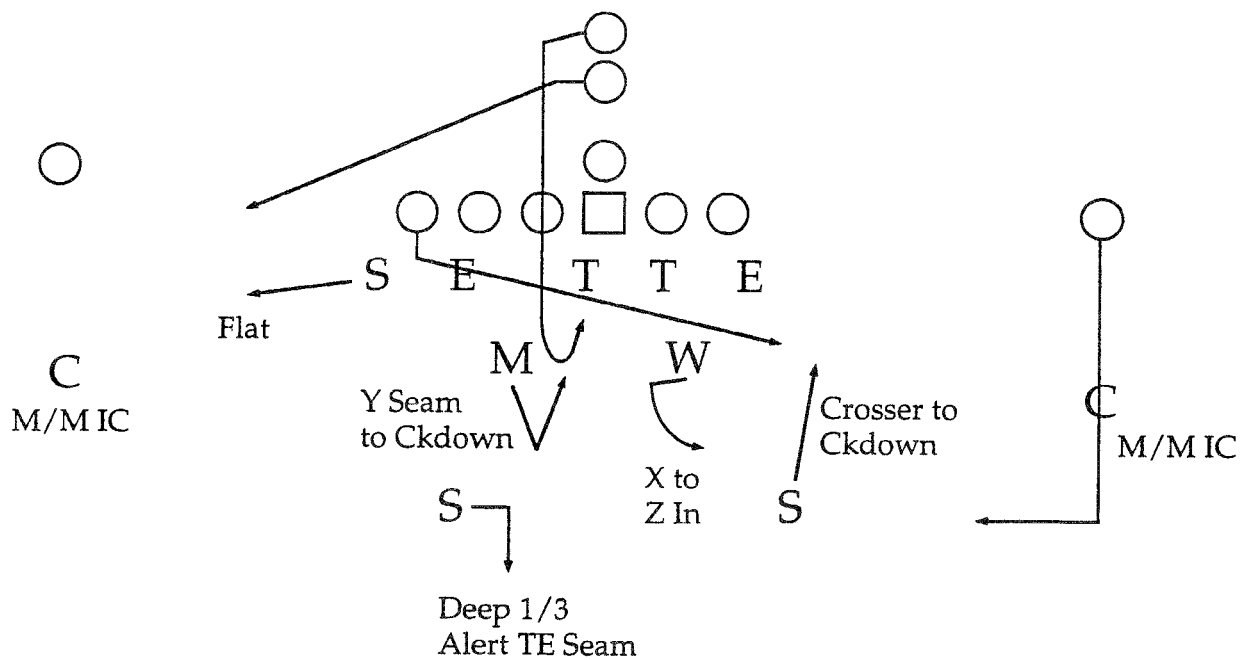
17

Shut LB = Strong Flat Defender

Mac LB = Strong Hook Defender

Will LB = Weak Hook Defender

Jill = Weak Flat Defender



Weak Zone - Cover 4

Backer

Audible - "Lou/Rose"

STUB:(Curl to Flat)

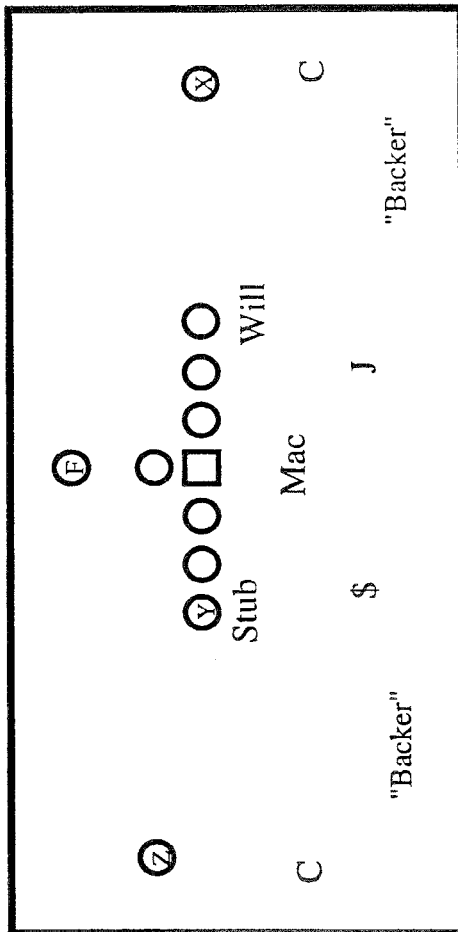
1. Backer Force.
2. 2 or 3 outside - Hang technique.
3. 2 Slow - Expand - Curl.
4. 2 and 3 inside - Collapse to TE.
5. Run with Flat & Up.
6. Cover down on #2 Strong - Wide.

MAC: (Strong Hook)

1. Wall 2 or 3.
2. "Y" cross stack.
3. Flood Weak - Wall Y
4. Fire - Y Seam bail to check down.
5. "F" Under deep to short route.
6. May have to adjust defensive front.

WILL: (Curl to Flat)

1. Backer Force.
2. 2 outside - Hang.
3. 2 inside - Extend to "X."
4. Flood Strong - Crosser to check down.
- **Alert "Y" Cross.
5. Flood Weak - Extend.
6. Wave - 3 outside.
7. Run with Flat & Up.



STRONG CORNER:

1. M/M I-C.
2. "Z" Post - Squeeze.
3. Sideline rule - 7 yds.
4. Double Seam prepare to collapse on #2. (Snake)

SAM:

1. Deep middle 13.
2. #2 Seam - Inside position. Help. Run read late Backer force.

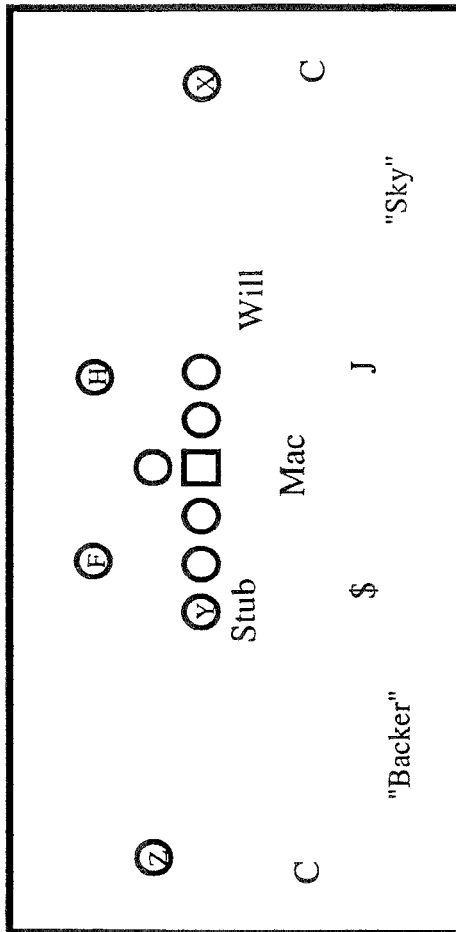
JILL:

1. Backer Force (Cutback).
2. Wall #2 Seam.
3. 2 outside - Expand.
4. 2 inside - Stack. Look for crosser.
5. Fire - Z to Z in.
6. Boot - Help on crosser.
7. Wave - Hold off corner.

WEAK CORNER:

1. M/M I-C.
2. Sideline rule - 7 yds.
3. Double Seam prepare to collapse on #2. (Snake)

Weak Zone - Cover 4	Sky	Audible - "Lou/Rose"
<p>STUB:(Curl to Flat)</p> <ol style="list-style-type: none"> 1. Backer Force. 2. 2 or 3 outside - Hang technique. 3. 2 Slow - Expand - Curl. 4. 2 and 3 inside - Collapse to TE. 5. Run with Flat & Up. 6. Cover down on #2 Strong - Wide. 	<p>MAC: (Strong Hook)</p> <ol style="list-style-type: none"> 1. Wall 2 or 3. 2. "Y" cross stack. 3. Flood Weak - Wall Y 4. Fire - Y Seam bail to check down. 5. "F" Under deep to short route. 6. May have to adjust defensive front. 	<p>WILL: (Weak Hook Defender)</p> <ol style="list-style-type: none"> 1. Wall #2 Weak. 2. 2 outside - Expand to Curl or F Under Strong. 3. 2 Under - Collapse. 4. Fire - X to Z in. 5. Flood Weak - Expand. <p>**Alert 3 outside with wave pattern.</p>
<p>STRONG CORNER:</p> <ol style="list-style-type: none"> 1. M/M I-C. 2. "Z" Post - Squeeze. 3. Sideline rule - 7 yds. 4. Double Seam prepare to collapse on #2. (Snake) 	<p>SAM:</p> <ol style="list-style-type: none"> 1. Deep middle 13. 2. #2 Seam - Inside position. Help. Run read late Backer force. 	<p>WEAK CORNER:</p> <ol style="list-style-type: none"> 1. M/M I-C. 2. Sideline rule - 7 yds. 3. Double Seam prepare to collapse on #2. (Snake)



Weak Zone - Cover 4

Cleo

Audible - "Lou/Rose"

STUB:(Curl to Flat)

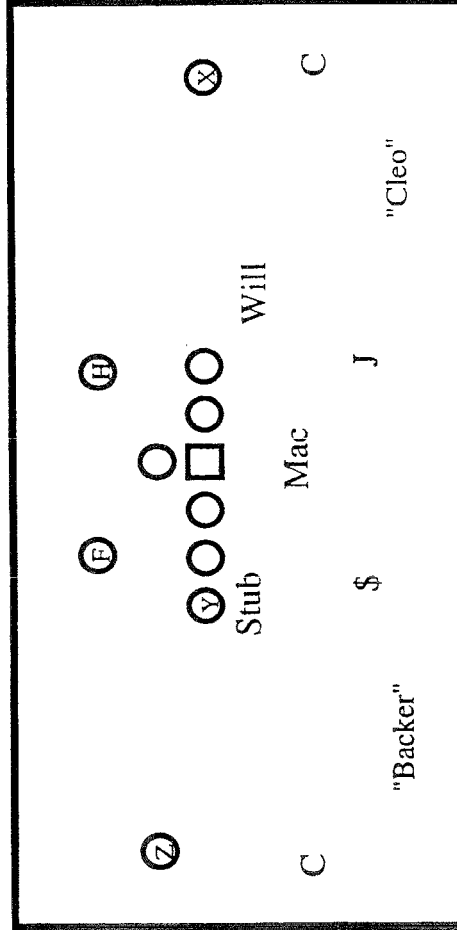
1. Backer Force.
2. 2 or 3 outside - Hang technique.
3. 2 Slow - Expand - Curl.
4. 2 and 3 inside - Collapse to TE.
5. Run with Flat & Up.
6. Cover down on #2 Strong - Wide.

MAC: (Strong Hook)

1. Wall 2 or 3.
2. "Y" cross stack.
3. Flood Weak - Wall Y
4. Fire - Y Seam bail to check down.
5. "F" Under deep to short route.
6. May have to adjust defensive front.

WILL: (Weak Hook Defender)

1. Wall #2 Weak.
 2. 2 outside - Expand to Curl or F Under Strong.
 3. 2 Under - Collapse.
 4. Fire - X to Z in.
 5. Flood Weak - Expand.
- **Alert 3 outside with wave pattern.



STRONG CORNER:

1. M/M I-C.
2. "Z" Post - Squeeze.
3. Sideline rule - 7 yds.
4. Double Seam prepare to collapse on #2. (Snake)

SAM:

1. Deep middle 13.
2. #2 Seam - Inside position. Help. Run read late Backer force.

JILL:

1. Deep outside 1/3.

WEAK CORNER:

1. Re-route "X" outside.
2. Hold off fade.
3. Key TE/Near Back.
4. Vs "X" Flex - Funnel technique.
5. Run with Flat & Up.
6. Wave - Cover corner route.
7. Fire = Diagonal crosser to check down.

Cover 2

Audible: 2

Huddle/Call Combinations:

Cover 23: 2 vs Regular sets, 3 vs Slot & Trips.
 Cover 23 Steeler: 2 vs Regular sets, Steeler vs Trips.
 Cover 23 Pittsburgh: 2 vs Regular sets, Pittsburgh vs Trips.
 Cover 2 Play It: Anchored C's - Play It vs all sets.
 Cover 2/3 Shut: Regular sets only.

STUB:

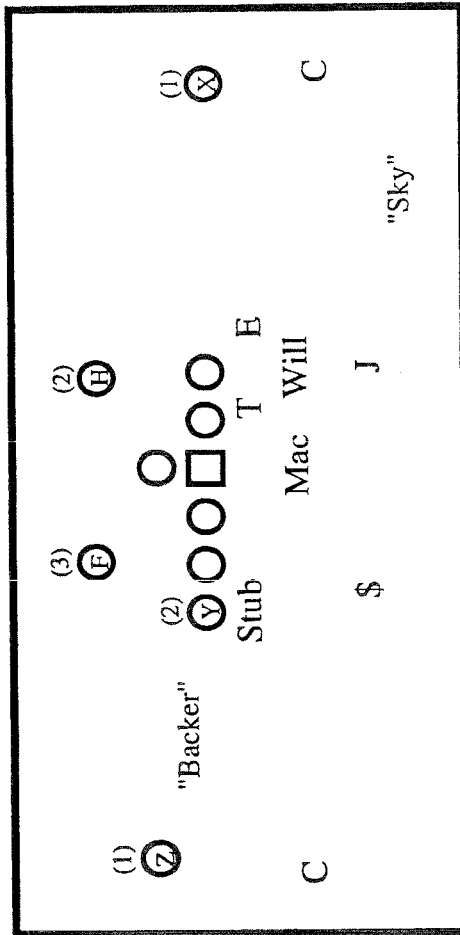
1. 9 Align = Backer Stud = Sky.
2. Curl to #3 Flat or Cross.
3. Flood Strong - Expand.
4. Flood Weak - Stack.
5. "Y" Shallow cross react to #3 to your side.
6. F Under stay in Curl.

MAC:

1. Wall Strong Hook.
2. #2 Shallow cross Mirror/Stack.
3. Flood Strong - Expand.
4. Flood Weak - Stack Weak.
5. #3 Seam - Carry.
6. Cover "F" Under.

WILL:

1. 9 Align = Backer, Stud = Sky - Curl to #3 in Flat or crosser.
 - a. #2 outside - Expand to #1.
 - b. #2 inside - Stack. Alert for #3 strongside.
 - c. #2 block - Stack.
2. Fire - Collapse, Curl to crosser (Weak Hook).
3. Flood Weak - Expand. #3 outside.
4. "Jump" call equals Cover 8 rules. Cover #2 Weak.
5. Vs TE Weak play like Stub.



STRONG CORNER:(2 Dp Look)

1. Outside technique.
2. Read #2
 - #2 to Flat (Exchange)
 - #2 upfield Cover #1. Squeeze Post & inside routes.
3. Run - #2 block cover #1 - 1st secondary support.

SAM:(Align 12 yds deep)

1. Read #2 - #2 blocks LBer on line Backer, DE on outside = Sky.
2. #2 Flat or Play 1/2 on Z.
3. #2 upfield cover Corner or Sail or Seam route.
4. Vs F Under cover TE.
5. Flow play outside routes of #2 & #3. You have Post help.

JILL: (Align 12 yds deep)

1. 1. Read #2 Weak - react like Sam
- Variations
- a. Hard - Play like Cloud.
 - b. Jump - Double on X.
 - c. Flow vs Trips - work to #3 Strong cover after 14 yds.

WEAK CORNER: (2 Dp Look)

1. Read #2 like Strong Corner.

Variations

- a. Hard - Play like Cloud.
- b. Jump - Double on X.
- c. Flow - M/M I on X.

Cover 2 vs Slot

Adjustments

1. Possible Anchor.
2. Tandem = Cover 8.

WILL:

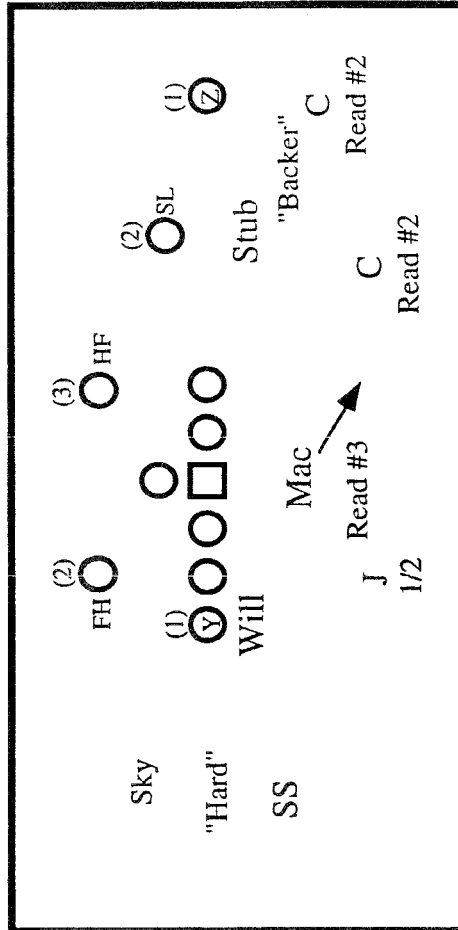
1. Hard Call - Sky force. Whip TE run or pass. Wall TE hook - Collapse on Fire.
2. Tandem Call - Backer force like Cover 8 #2 or #3 in Flat.
3. Cat Call - Cover TE Flat.

MAC: Read #3

1. Wall & carry #3 Seam.
2. #3 outside wall #2.
3. Alert TE cross.
4. Flood Weak - Stack.

STUB:

1. Cover down/Re route #2.
2. Wall #2.
3. Cover #3 outside or crosser.
4. Alert China.



SAM:

1. Hard Call - Sky force Flat & Flat & Up.
2. Tandem Call - Vs Wing look play like Cover 8 (Deep 1/4's).
3. Cat Call - Blitz - Peel on Near Back release.

JILL:

1. Deep 1/2.
2. Possible "Jump" call vs TE Flex.

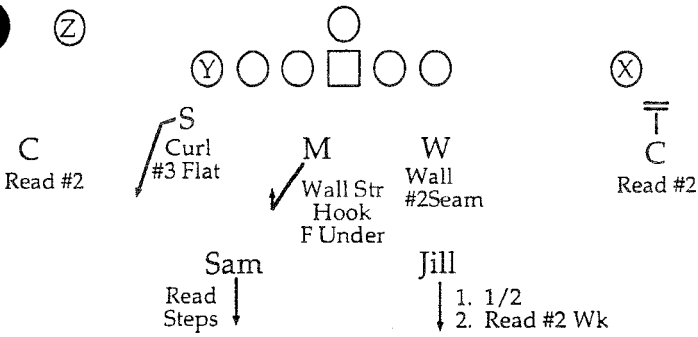
SLOT CORNER:

1. Align 12 yds deep.
2. Hold off #2 Seam zone 1/4.
3. #2 cross lean on Z.
4. #2 outside top of Z (Ex: Change).
5. Cover Sail route.

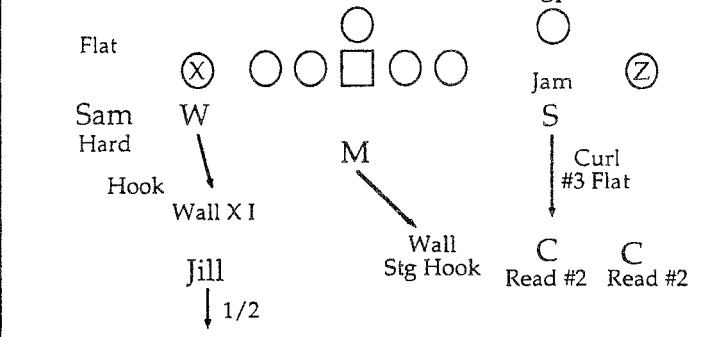
STRONG CORNER:

1. Outside technique.
2. Read #2.
3. Run - #2 block cover #1 - 1st secondary support.

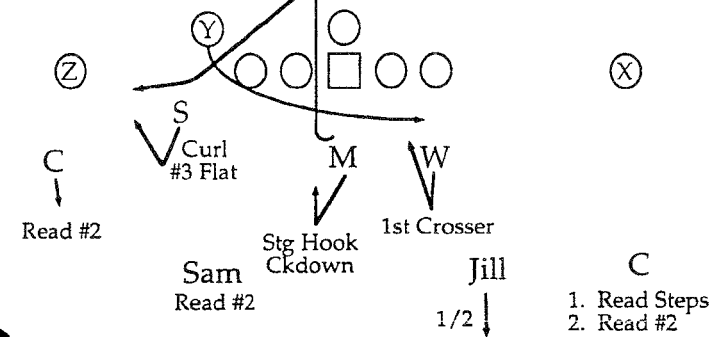
Red Lt
Lion



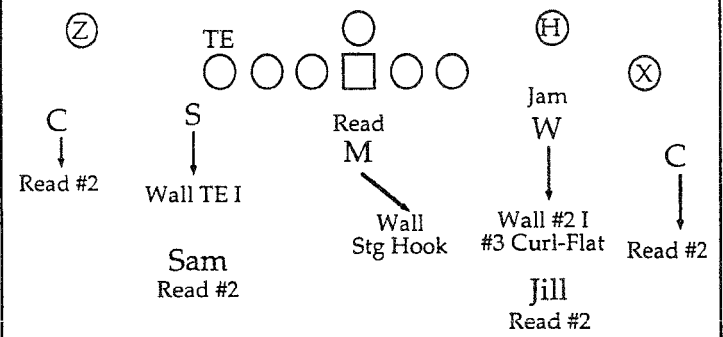
Blue Slot Rt
Lion



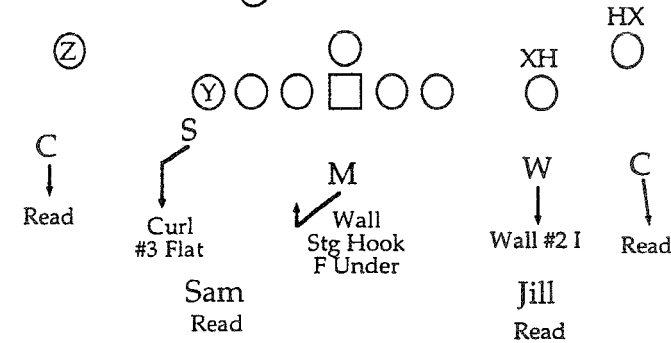
I Lt Yo
Lion



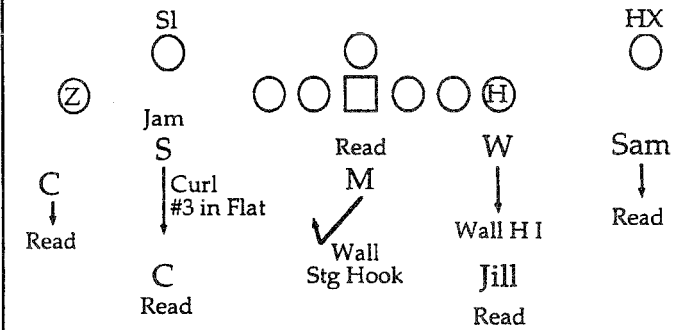
Ace Lt Wide
Lion



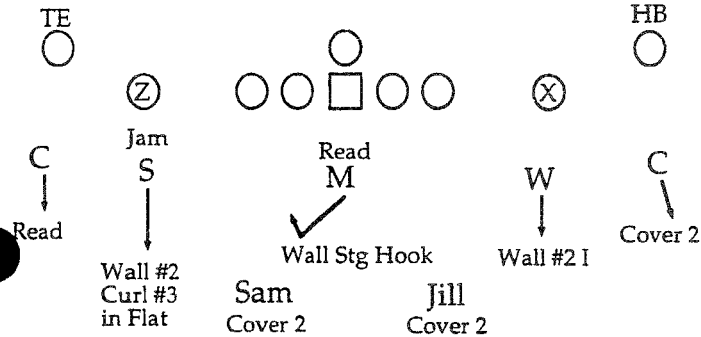
Ace Lt Outside (4)
Lion



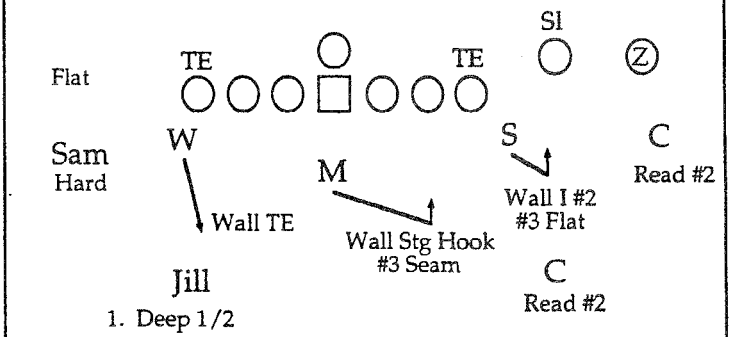
Slot Lt Wide
Raider

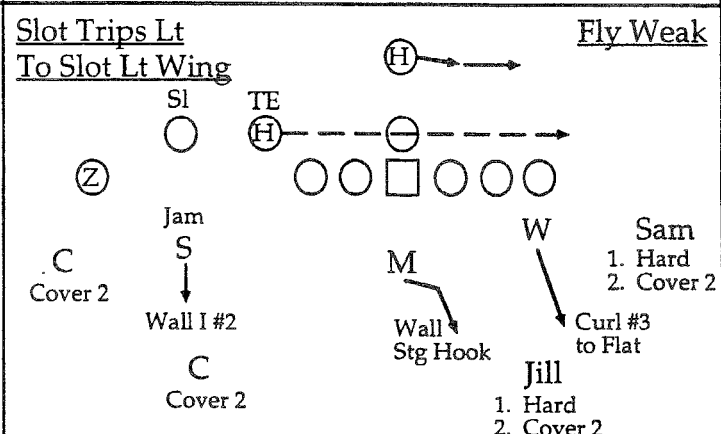
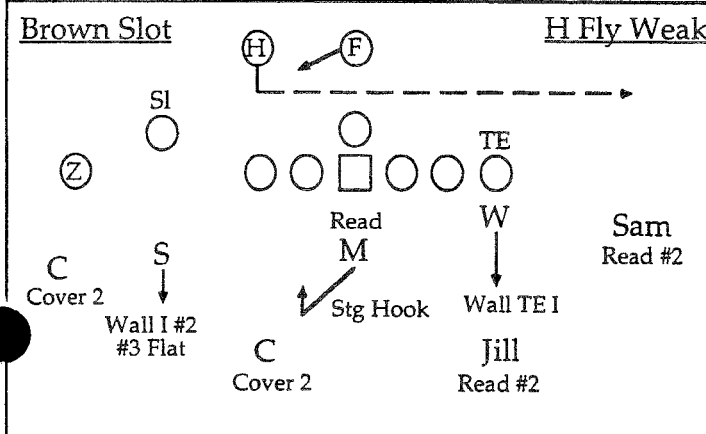
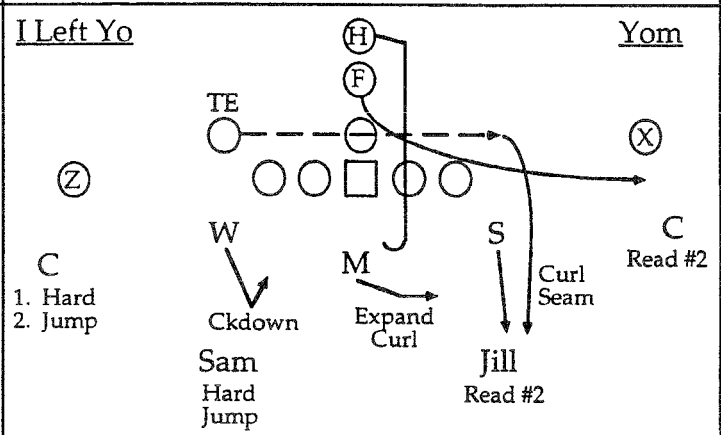
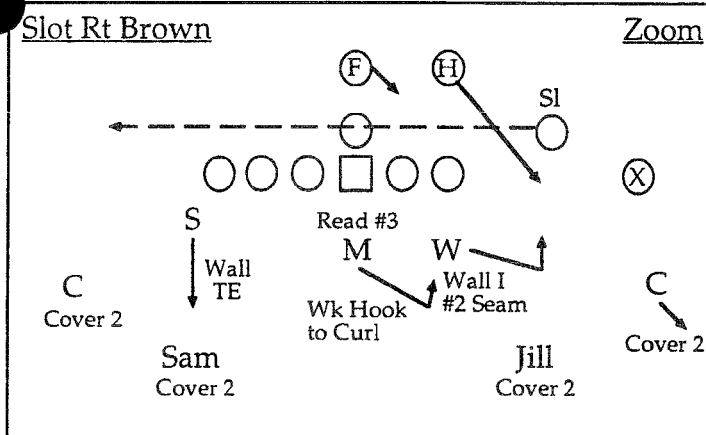
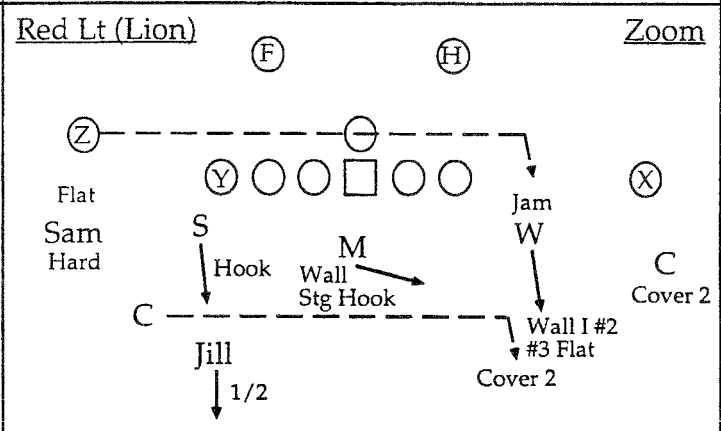
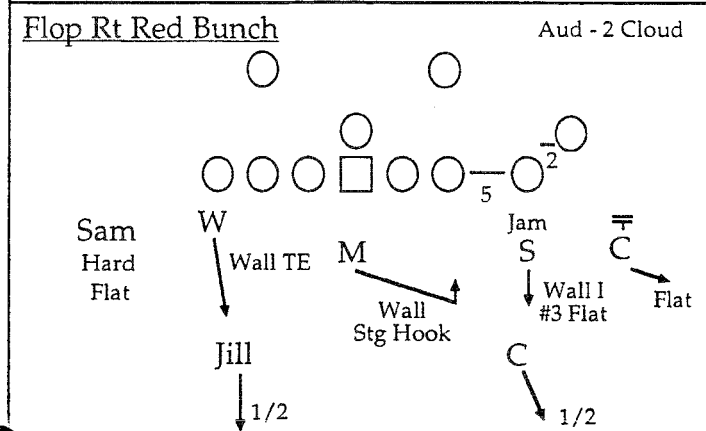
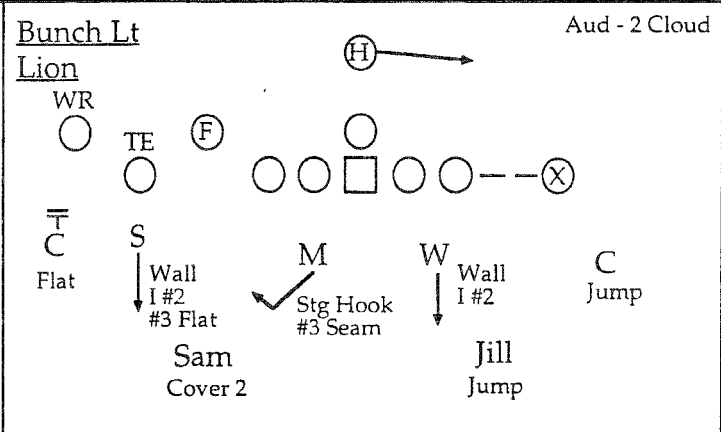
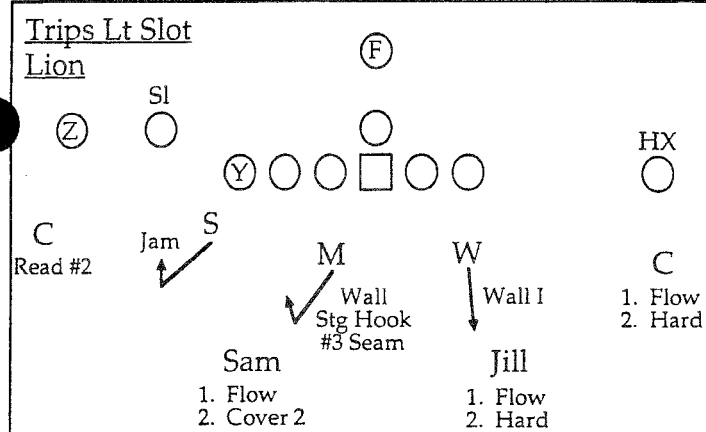


Ace Lt Y+H Outside
Lion



Pepper Slot Trips
(Lion)





Cover 2 Slam

Audible: Cloud vs Regular Sets

Adjustments:

1. Slot = Slam.
2. Tight Trips = Play IU/Area.
3. Wide Trips = Check Cover 2. Possible Flow.
4. Ace Set = Cover 2 Wk.
5. Vs Flex = "Jump."
6. Slot Wide = Cover 2.

STUB: (Lock Call)

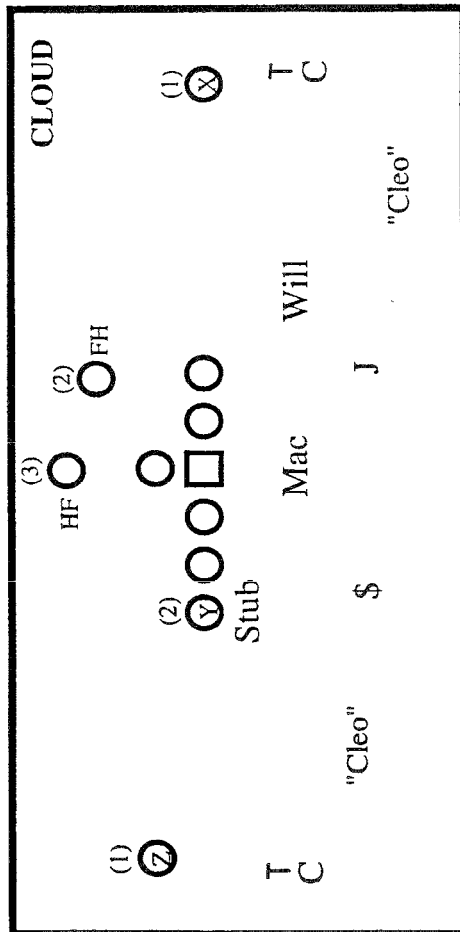
1. Jam Y at line of scrimmage.
2. "Y" upfield - m/m.
3. "Y" outside - Curl.
4. "Y" under - Carry to center. (Hook)
5. Area Call with Mac - Curl expand or reduce with #2. You have F Under.

MAC:

1. Read #3.
2. #3 Flat - Curl.
3. #3 Seam or "F" Under cover.
4. Flood Weak - Stack.
5. Alert "Jump," prepare to carry #3 crosser weak or take #3 weak m/m.

WILL:

1. Play like Cover 8 Hard.
2. #2 Seam - Carry.
3. Play deep to short vs two level routes. Think X into crosser or check down.
4. Jump - Play m/m I on #2 weak unless short cross strong.



STRONG CORNER:

1. Funnel "Z" & cover Flat.
2. "Cleo" Force.
3. Run with Flat & Up.
4. Delay Fade.
5. Carry China route.
6. Sail - Deep to short.

SAM:

1. Deep 1/2 - Align 2 yards inside #'s.
2. Key #2 to outside receiver.
3. Responsible for #1 upfield, nine and four routes.

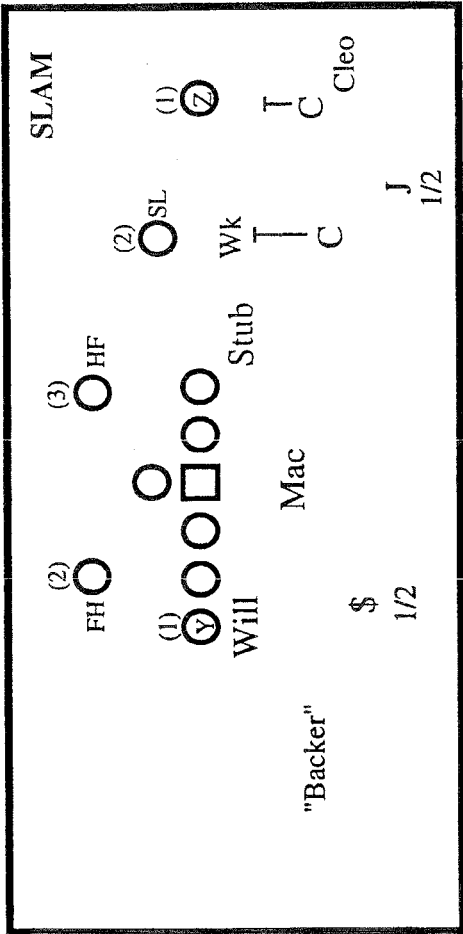
JILL:

1. Deep 1/2 align 2 yards inside #'s.
2. Key #2 to outside receiver.
3. Responsible for #1 upfield, nine and four routes.
4. Be alert to make above formation adjustments.

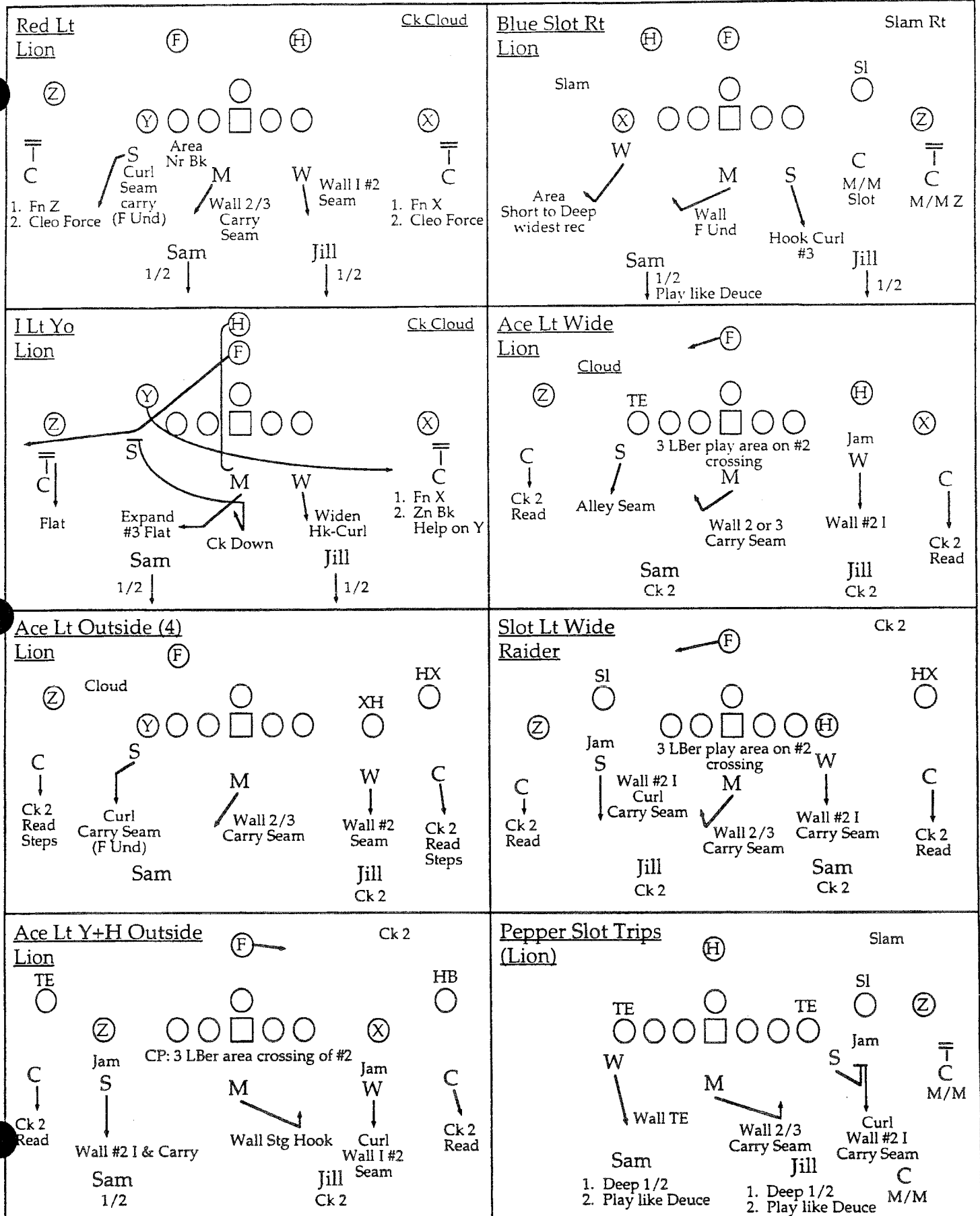
WEAK CORNER:

1. Funnel "X" & cover Flat.
2. "Cleo" Force.
3. Run with Flat & Up.
4. Delay Fade.
5. Carry China route.
6. Sail - Deep to short.

Cover 2 Slam vs Slot	Audible: Slam	Adjustments 1. Zoom = Cover 2 Cloud. 2. Slot Wide = Cover 2. 3. Slot Trips = Cover 2 Slam. 4. Tan Slot or Slot Trips = Possible "Zone" call. 5. Tandem = Play It.
WILL (SHUT LB): 1. Backer Force. 2. Flat; Wide as taken. Flat & Up 3. Play like Cover 3.	MAC: 1. Work to Shutside. 2. Wall shutside Hook. 3. Play like Cover 3. 4. F under deep to short.	STUB (OPEN LB): 1. Stack; Carry #3 Seam. 2. #3 outside - Expand to 3. Flood Weak - Collapse.
SAM: 1. Deep 1/2 - Play like Deuce. 2. Backer Force. 3. Zoom = Cloud.	JILL: 1. Deep 1/2. 2. Zoom = Cloud.	STRONG CORNER: 1. Funnel "Z" & cover Flat. 2. "Cleo" Force. 3. Run with Flat & Up. 4. Delay Fade. 5. Carry China route. 6. Sail - Deep to short.



Cover 2 Slam



Cover 2 Slam cont.

<p><u>Trips Lt Slot</u> <u>Lion</u></p> <p>1. Ck 2 2. Read Steps</p> <p>Sam 1. Ck 2 2. Flow</p> <p>Jill 1. Flow 2. Hard</p>	<p><u>Bunch Lt</u> <u>Lion</u></p> <p>Aud: Cover 2</p> <p>1. Hard 2. Flow M/M</p> <p>Sam 1/2</p> <p>Jill Jump</p>
<p><u>Flop Rt Red Bunch</u></p> <p>Aud: 2 Cloud</p> <p>Sam Hard</p> <p>Jill Play like Deuce</p> <p>1/2</p>	<p><u>Red Lt (Lion)</u></p> <p>Cloud to Slam</p> <p>Sam 1. Deep 1/2 2. Play like Deuce</p> <p>Jill 1/2</p>
<p><u>Slot Rt Brown</u></p> <p>Slam to Cloud</p> <p>Sam 1/2</p> <p>Jill 1/2</p>	<p><u>I Left Yo</u></p> <p>Cloud Lt to Cloud Rt</p> <p>Sam 1/2</p> <p>Jill 1/2</p>
<p><u>Brown Slot</u></p> <p>Slam to Cover 2</p> <p>1. Ck 2</p> <p>Sam 1. Ck 2</p> <p>Jill Ck 2</p>	<p><u>Slot Trips Lt</u> <u>To Slot Lt Wing</u></p> <p>Fly Weak</p> <p>1. Ck 2 2. Read Steps</p> <p>Sam Ck 2</p> <p>Jill Ck 2</p>

Cover 1

Adjustments:

1. Near Back or Trips = Deuce (Backer).
2. No Near Back = Yale (backer).
3. Motion to Trips = Banjo (Sky).
4. One Back set = Trio (Backer, Sam or Switch).
5. Slot = Bracket or Spout.
6. Ace = Switch/Trio.
7. Wide Trips = Sam/Trio.
8. Slot Wide = Cover 1 (Sam).

STUB:

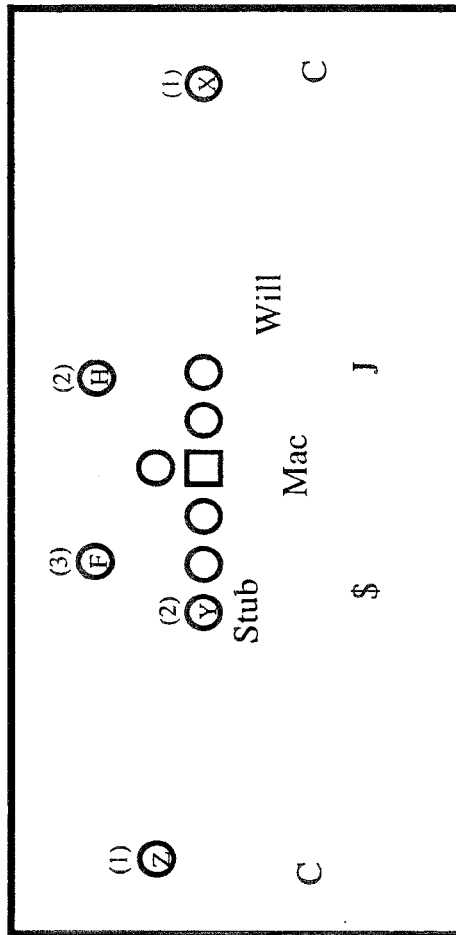
1. Force based on call.
2. Coverage based on call.

MAC:

1. Force based on call.
2. Coverage based on call.

WILL:

1. Force based on call.
2. Coverage based on call.



STRONG CORNER:

1. M/M "Z."
2. Inside Technique.
3. Zip/Crack = Bracket.
4. Slot = Possible Bracket or Spout.

SAM:

1. Force/Coverage based on call.
 - a. Yale or Deuce = Backer
 - b. Banjo = Sky
 - c. Sam = M/M coverage
 - d. Switch = Deep middle

JILL:

1. Middle 1/3.
2. Slot = Spout; Bracket.
3. Slot Wide = Sam call middle 1/3.
4. Vs Ace Form check Switch.

WEAK CORNER:

1. M/M "X."
2. Inside technique.
3. Zip or Flex = Bracket.

Cover 1 vs Slot

Audible: Spout or Bracket

Adjustments

1. Slot Adjustment - Man coverage.
2. Possible Bracket.
3. Possible Spout Out.

WILL:

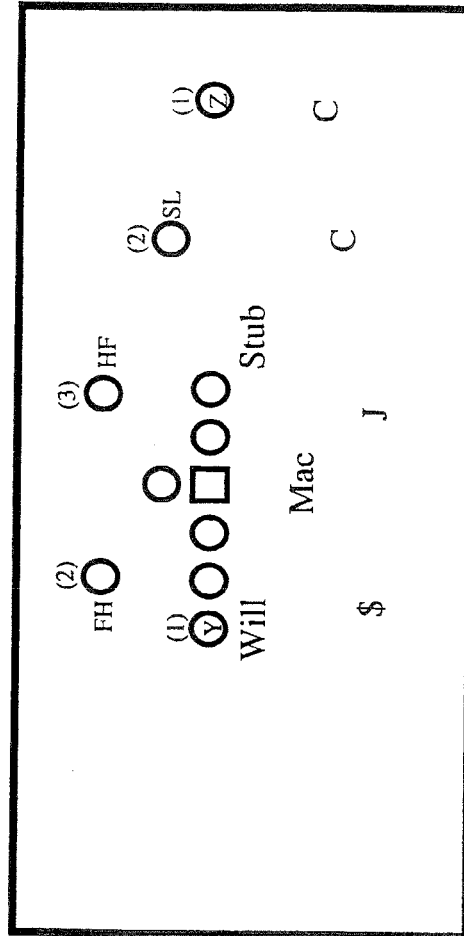
1. Play Cover 1 calls. Ex: Deuce/Yale.

MAC:

1. Play Cover 1 calls. Ex: Deuce/Yale.

STUB:

1. Play Cover 1 calls. Ex: Deuce/Yale.



SAM:

1. Play like Cover 1.
2. Slot Wide = Sam.
3. Slot Trips or "Fly" Strong = Switch (Post).

JILL:

1. Deep 1/2 on Spout call.
2. Protect Slot Corner & "Z" Post.
3. Slot Trips or "Fly" Strong = Switch. Cover #3.
4. Bracket = In/Out on Slot.
5. Spout Out = M/M "Z" upfield.

SLOT CORNER:

1. Slot M/M - Deep help.
2. Inside technique.
3. Zoom - Run and play Cover 1.
4. Bracket = Slot outside m/m.
5. Spout Out = Slot inside m/m. #2 outside cut on Z.

STRONG CORNER:

1. Spout - M/M I Z.
2. Spout Out - Zone Flat off press look (into ball).
3. Bracket - M/M I Z.
4. China take Z m/m.

Cover 1 Variations

I. **Yale** – Called vs TE with no Near Back. Force = “Backer.”

Stub – Collision TE. Cover 1st receiver outside between TE & 1st Back.

- a. TE flat release or block - Cover TE.
- b. TE inside – Back in flat – Cover Back in flat.
- c. TE inside Back block – Hug the Back.
- d. Flow strong – Widest man outside flowside.
- e. Flow weak – Jam TE play outside in or “Z” curl – Zone the curl area.

Mac – Drop TE side – Wall & cover short crossing routes by TE.

- a. TE flat release – Cover Back m/m (possible Hug).
- b. TE block – Back in flat – Stack drop read TE delay.
- c. TE inside – Collision TE work to his outside. If TE continues deep work to curl.
- d. Flow strong – Work through TE to curl.
- e. Flow weak – Cover 2nd Back weak or Iowa with Will

Will – Stack drop – Play Near Back m/m inside.

- a. Back blocks – Stack drop discourage “X” in or “F” under read QB (possible Hug also).
- b. Flow strong – Take 2nd Back strong.
- c. Flow weak or cross flow – Take 1st Back out weakside (unless Iowa).

Sam – Key TE play m/m inside.

- a. TE flat release or block – Free up – Cut on “Z.”
- b. TE upfield inside or out – Play m/m inside. Mac will help you on medium depth routes outside or on short crossing routes.
- c. Play Action flow strong or weak – May lose linebacker help – Play TE m/m inside.

II. **Deuce** – Called vs TE/Near Back or Tight Trips. Force = “Backer.”

Stub – Area drop outside to curl – Cover widest receiver outside or “Z” curl.

- a. Flow strong – Play widest receiver outside. On Play Action may pick up Back in flat off fake.
- b. Flow weak – Drop to curl – Play Z inside TE outside or crossing routes.
- c. “F” under – Drop to curl area. Play curl or TE outside routes.

Mac – Stack drop to TE side. Wall 1st receiver inside between #2 & #3.

- a. Flow strong – Drop & cover 1st inside release between #2 & #3.
- b. Flow weak (2 Back set) – Cover 2nd Back weak or Iowa.
- c. “F” under – Stack drop. Discourage TE route cover “F” under.

Sam – Play soft m/m outside on TE routes.

- a. TE releases in flat or blocks – Free up help on 1st upfield releaser inside or “Z” curl.
- b. Flow strong – Play TE m/m outside.
- c. Flow weak (2 Back set) – Cover TE work to m/m inside.
- d. “F” under cover TE.
- e. Vs Trips zone #2 & #3 upfield – Take deepest receiver.

III. **Banjo** – Preferred vs movement to create Trips. Also can be played vs TE Near Back or with Stud defense. Force = “Sky.”

Stub –

- a. Vs Trips – 9 alignment on TE cover TE m/m. Be physical.
- b. Vs 2 Back set – 9 alignment cover Near Back m/m inside take away “F” under.
- c. Flow weak – Blitz if in 9 alignment. Double TE if in Stud.

Mac – Stack drop to three receivers side.

- a. Vs Trips – Double #3 receiver inside with Sam. If #2 flat or deep expand to “Z.”
- b. Vs 2 Back set – Double TE with Sam. If TE blocks cover. If TE in flat expand to “Z.”
- c. Flow weak – Cover 2nd Back weakside or Iowa.

Will – Play m/m inside on Near Back or remaining Back.

- a. Vs Trips play m/m inside on remaining Back.
- b. Flow strong – Vs one Back cover Back (Rainbow).

Vs 2 Back sets –

- a. Flow strong – Cover 2nd Back.
- b. Flow weak or split flow – Take 1st Back out to your side.

Sam – Assume Normal Sky alignment.

- a. 2 Back set – Cover TE m/m outside. Mac will help inside. If TE shallow cross free up.
- b. TE blocks – “Sky” force – If pass cut on “Z.”

- c. Vs Trips – Cover #2 receiver m/m outside. If #2 “F” under or shallow cross free up & help on “Z” or TE.
- d. Flow weak – “Y” m/m (no help) unless Stud alignment.

IV. **Sam Call** – Call used in Cover 1 vs Slot wide or Wide Trips formation. Force = “Backer.”

Sam –

- a. Vs Slot wide – Cover #1 weak m/m inside. Vs Trips – Cover #2 strong m/m inside.

Jill – Play middle 1/3 of field (Post).

V. **Switch Call** – Call used when Free Safety is asked to cover #2 weak in one Back formations. Example: Ace, Pepper Ace. Also can be called vs 2 back – Tan set (Game Plan), Force = Linebacker on line “Backer,” Defensive End widest on line “Bounce” call. Jill makes Force call.

Jill – Play m/m inside on #2 weak. If used in conjunction with “Bounce” call play m/m outside.

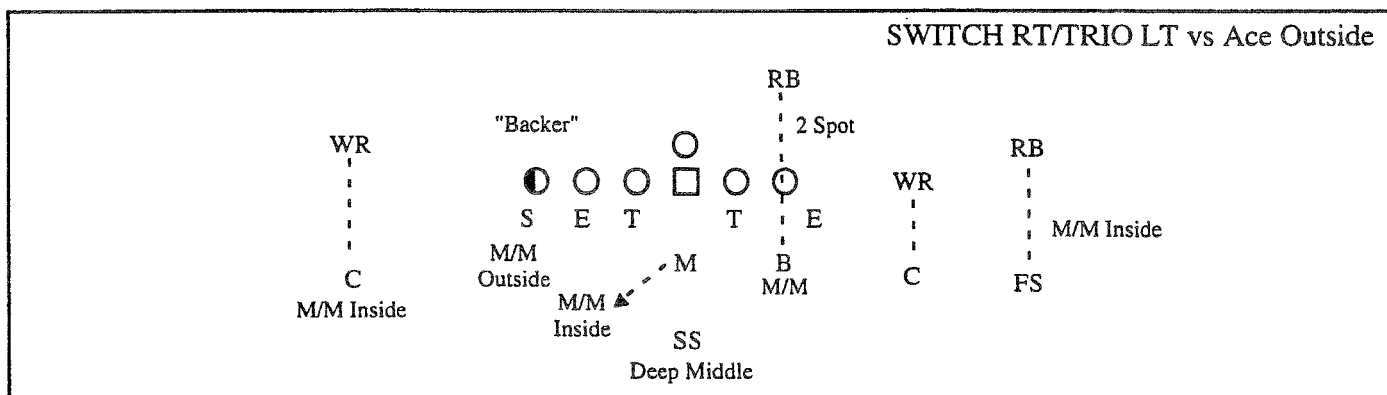
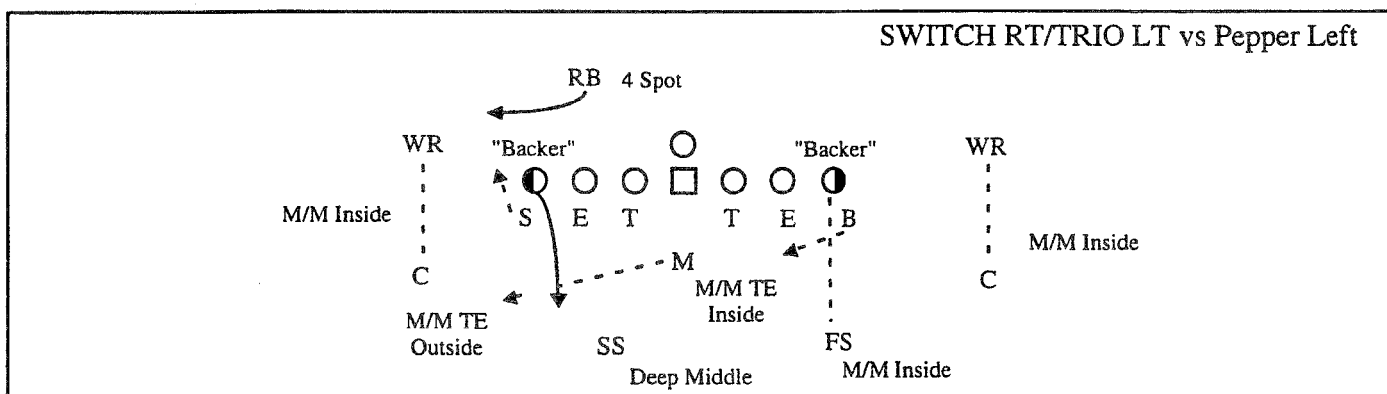
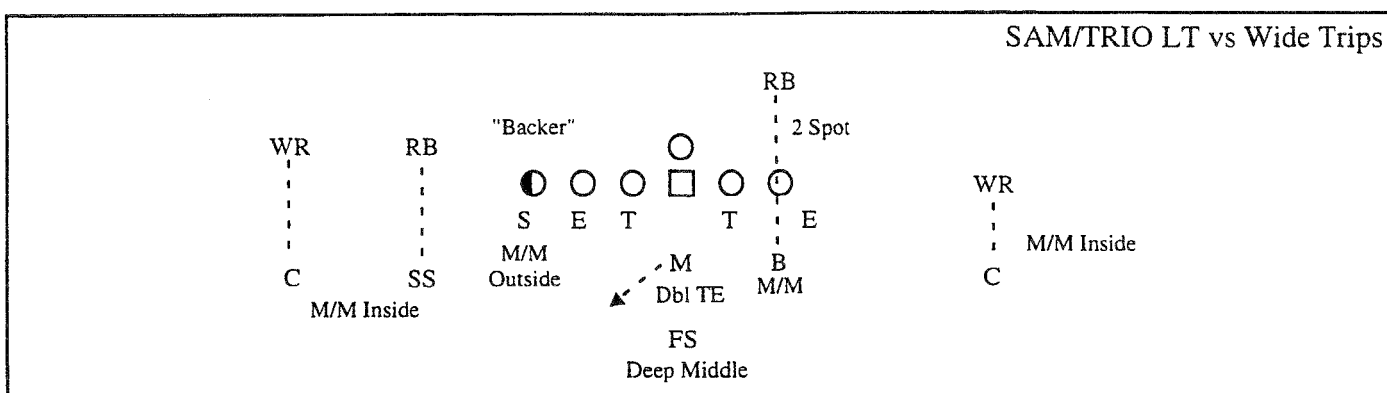
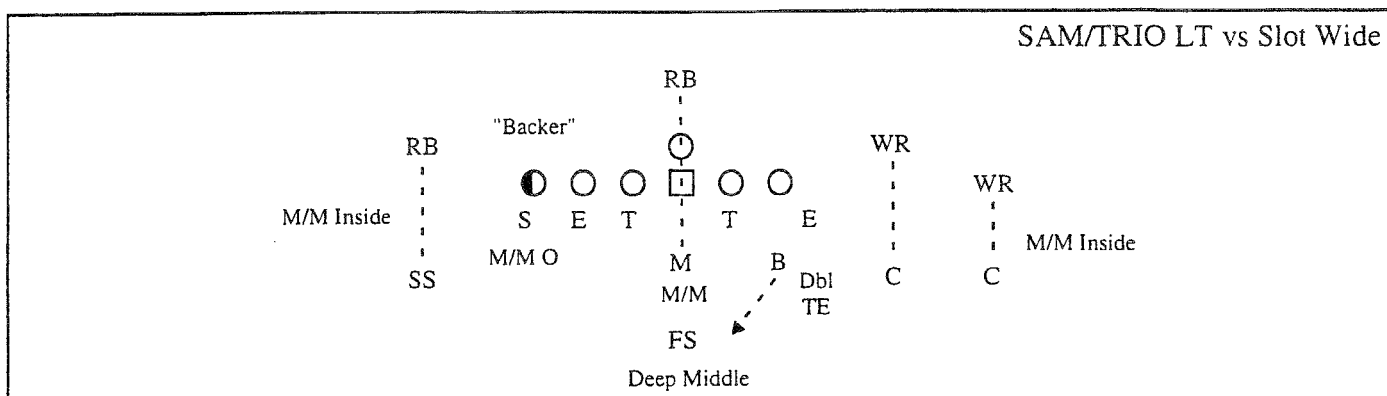
Sam – Play middle ½ of field.

****Note:** With the movement of #2 strong or #2 weak switch could go to Sam or just the opposite.

VI. **Trio Call** – A linebacker call used in conjunction with a “Sam” or “Switch” call. A “Trio” call alerts the three linebackers to cover the TE and the remaining Back.

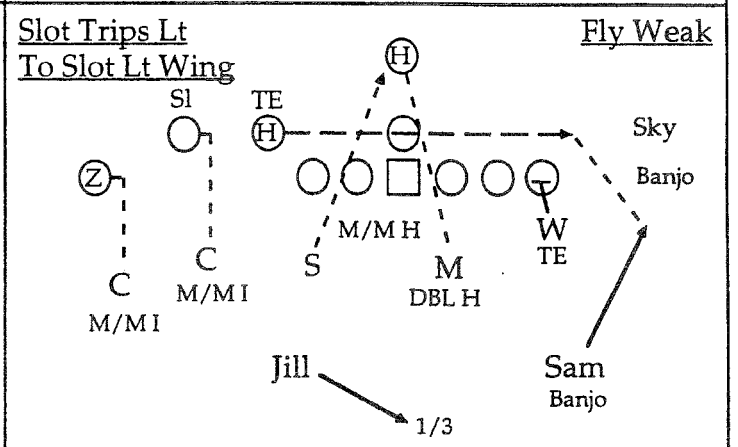
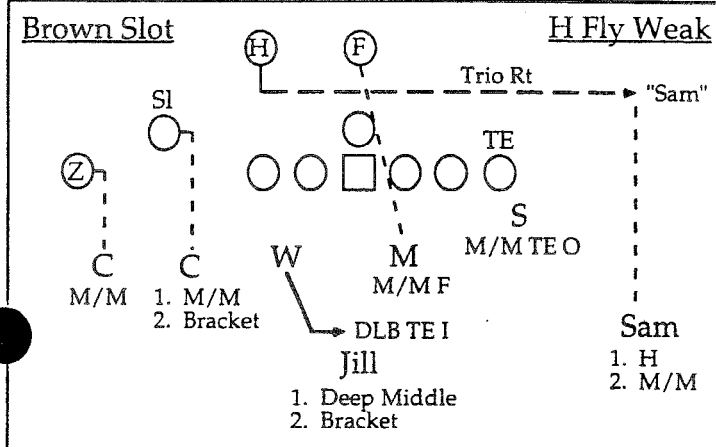
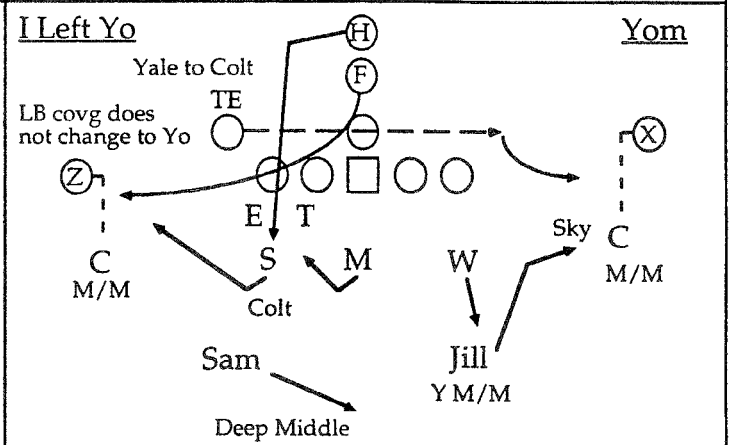
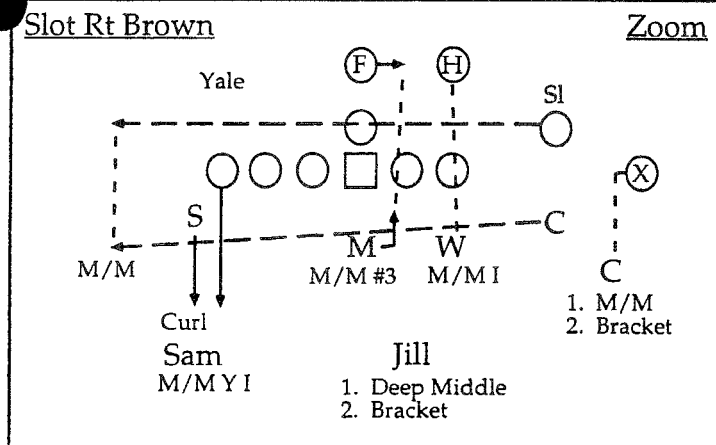
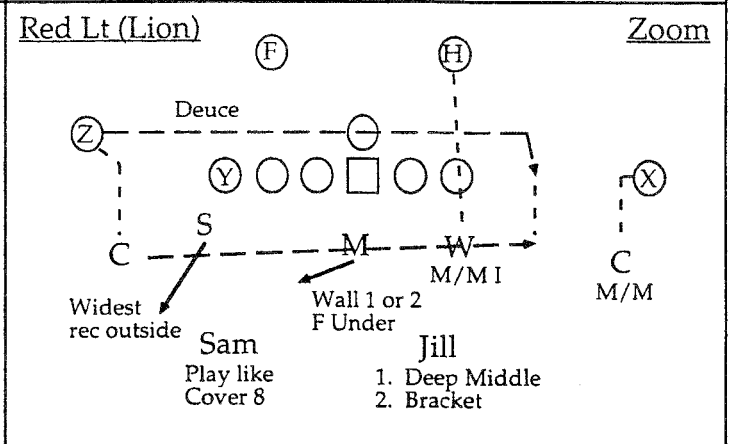
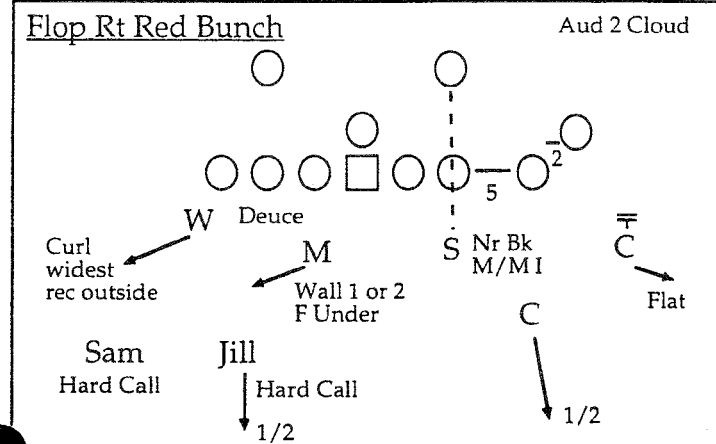
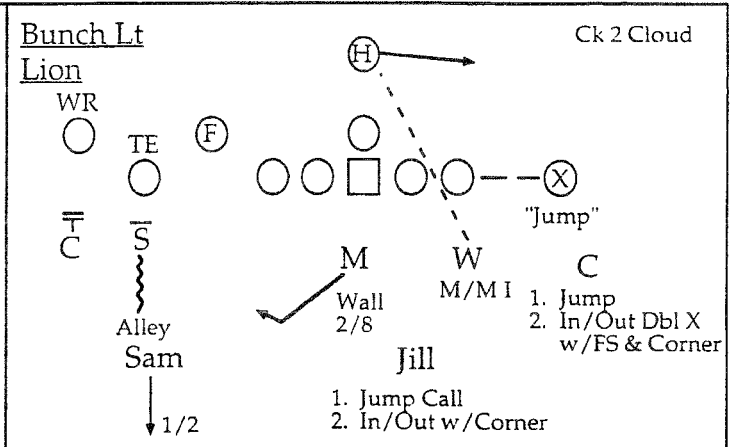
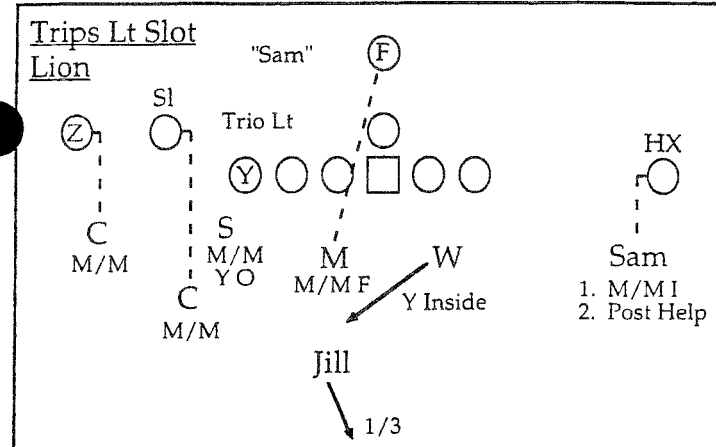
Cover 1 Variations

Examples of "Trio"



Cover 1 (Man Free)

<p><u>Red Lt Lion</u></p> <p>"Deuce"</p> <p>Sam Play like Cover 8</p> <p>Jill 1/3</p>	<p><u>Blue Slot Rt Lion</u></p> <p>"Deuce"</p> <p>Sam Deuce</p> <p>Jill 1. Deep Middle 2. Bracket w/Slot Corner</p>
<p><u>I Lt Yo Lion</u></p> <p>"Yale"</p> <p>Sam 1. Y M/M I</p> <p>Jill 1/3</p>	<p><u>Ace Lt Wide Lion</u></p> <p>Switch Rt</p> <p>Sam 1/3</p>
<p><u>Ace Lt Outside (4) Lion</u></p> <p>Trio "Switch"</p> <p>Sam 1/3</p> <p>Jill M/M I</p>	<p><u>Slot Lt Wide Raider</u></p> <p>Trio Rt</p> <p>Jill 1. Deep Middle 2. Bracket w/Slot Corner</p> <p>Sam M/M I</p>
<p><u>Ace Lt Y+H Outside Lion</u></p> <p>"Switch"</p> <p>Sam Deep Middle</p>	<p><u>Pepper Slot Trips (Lion)</u></p> <p>Note: With Cover 1 may call 1 Switch</p> <p>Sam 1. Deep Middle 2. Bracket Slot Corner</p>



Cover 2 Stick

Audible: Stick

Adjustments:

1. Trips/Fly Shut = Cover 1 Banjo or Sam with Trio.
2. Slot = Spout or Bracket.
3. Play It = LBers adjust to Trips or Ace.
4. 2 Stick Alert 8 - Check 8 vs 1 Back sets.

STUB:

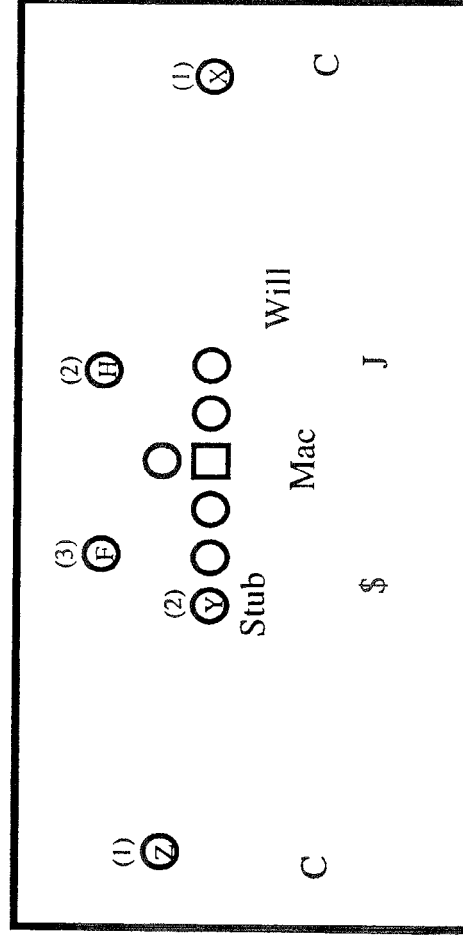
1. "Y" m/m.
2. Near Back = Iowa with Mac.
3. Backer Force. 9 Technique.

MAC:

1. "F"; #3 m/m.
2. Iowa Near back with Stub.
3. Flow Strong = Three Linebacker Banjo.

WILL:

1. "H"; #2 m/m I.
2. Ace; Fly open = Play It.



STRONG CORNER:

1. "Z" m/m I - Deep help.
2. Possible Bracket vs Crack or Zip.

SAM:

1. Deep 1/2.
2. Possible Bracket vs Crack or Zip.
3. Recognition run support. Study run keys.

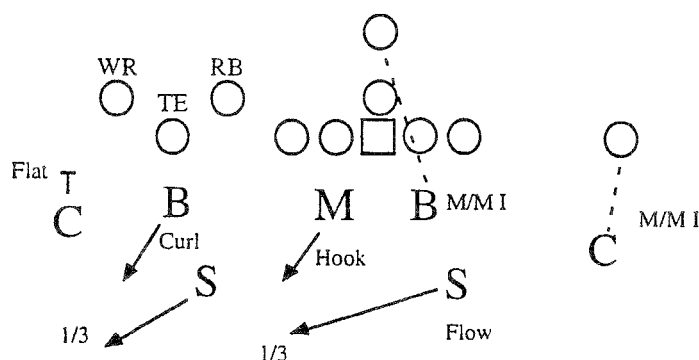
JILL:

1. Deep 1/2.
2. Possible Bracket vs "X" Near or Flex.
3. Recognition run support.

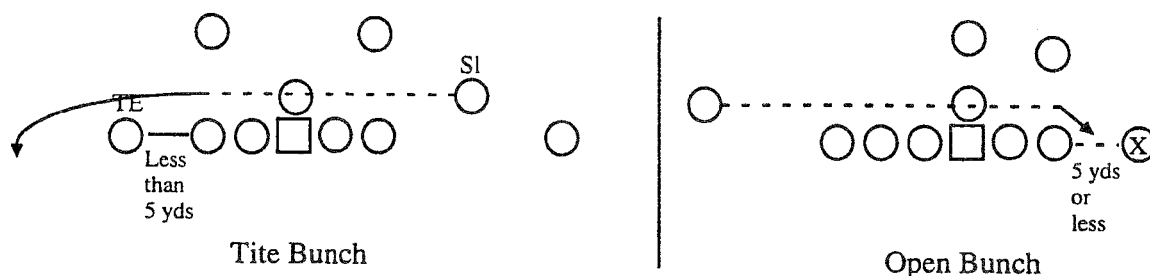
WEAK CORNER: (2 Dp Look)

1. "X" m/m I - Deep help.
2. Possible Bracket vs "X" Near or Flex.

Bunch Coverage Rules



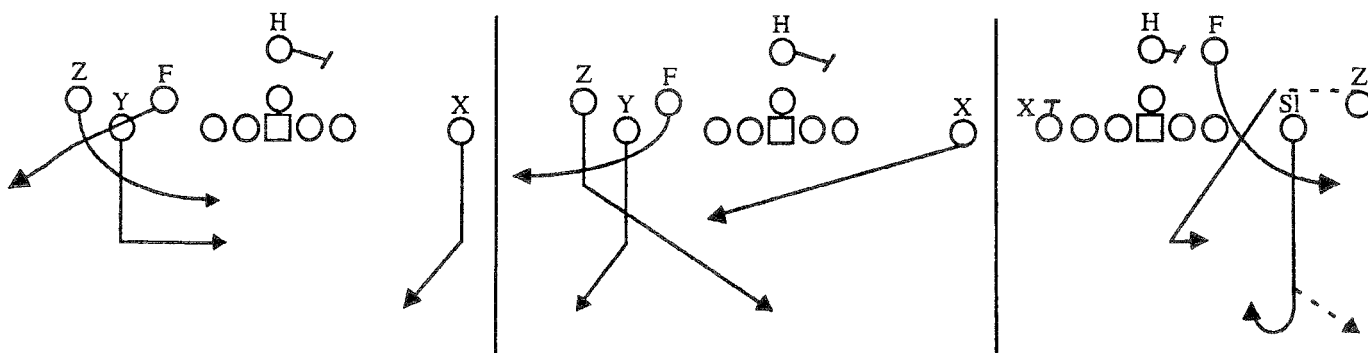
1. Bunch Coverage Rules
 - a. If a Zone or Man coverage is called and a team aligns in Bunch check Cover 2 Cloud.
 - b. If there is no X Flex add Flow to the call.
 - c. If there is an X Flex add Jump to the call. You cannot have both Jump & Flow at the same time.
2. Middle Defender Either Stub on N - if there is a flow call play Curl area. If there is not a Flow call m/m #2 on upfield and inside routes.
3. Motion to Bunch
 - a. If a team motions to Bunch we will play the coverage called in the huddle.
 - b. However if the offense gives us a recognizable bunch alert we may check 2 Cloud prior to motion.



A bunch alert is a WR or TE on LOS 5 yards or less from OT with another receiver (RB, TE, etc) in close proximity. With this alignment a single motion may create a Bunch as shown above.

4. If a team motions or shifts out of Bunch we will stay in 2 Slam with the coverage adjustments that are appropriate to the formation.
5. Play It Call - If a team is giving us a lot of Bunch we will add a Play It call to the coverage called in the huddle. We will then adjust each coverage to the Bunch formation.

Common Bunch Routes



6. Alert Bonzi Call - If we add this to our huddle call we will blitz the Strong LB or Nickel when they give us Bunch and play 2 Slam around it.

Cover 5 Bracket	Audible: Bracket	Adjustments:
<p>STUB:</p> <ol style="list-style-type: none"> Force based on call. Coverage based on call. 	<p>MAC:</p> <ol style="list-style-type: none"> Force based on call. Coverage based on call. 	<p>WILL:</p> <ol style="list-style-type: none"> #2 m/m. Vs Stack look check Zebra. <div data-bbox="701 560 1161 1488" data-label="Diagram"> </div>
<p>STRONG CORNER:</p> <ol style="list-style-type: none"> M/M "Z." Inside Technique. Zip/Crack = Bracket. Slot = Possible Bracket or Spout. 	<p>SAM:</p> <ol style="list-style-type: none"> Force/Coverage based on call. <ol style="list-style-type: none"> Yale or Deuce = Backer Banjo = Sky Sam = M/M coverage Switch = Deep middle Vs Fly motion to TE check Sam (LB's play Trio). 	<p>JILL:</p> <ol style="list-style-type: none"> "X" m/m inside on upfield routes. "X" China = Play Stick over top of #2. Jump call - Take China. <p>WEAK CORNER:</p> <ol style="list-style-type: none"> "X" m/m outside (Bracket technique). Bracket = Cover "X" China. Jump = Jill takes China. You help on #2.

Cover 5 Stick

Audible - Stick

Adjustments:

1. Slot = Spout/Bracket.
2. Flex/Near = Bracket.

STUB:

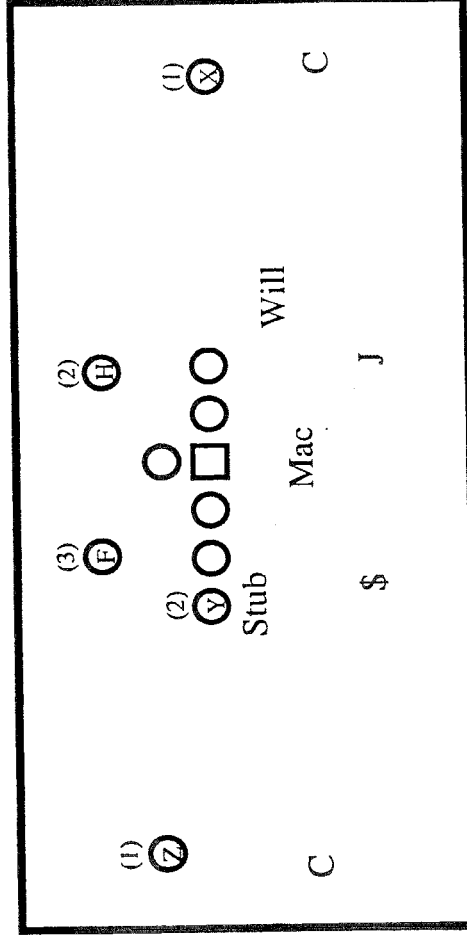
1. Force based on call.
2. Coverage based on call.

MAC:

1. Force based on call.
2. Coverage based on call.

WILL:

1. Force based on call.
2. Coverage based on call.
3. Deep help.
4. Responsible for #2 Weak.
5. Vs WR Stack look check Zebra (3 on 2)



STRONG CORNER:

1. M/M "Z."
2. Inside Technique.
3. Zip/Crack = Bracket.
4. Slot = Possible Bracket or Spout.

SAM:

1. Force/Coverage based on call.
 - a. Yale or Deuce = Backer
 - b. Banjo = Sky
 - c. Sam = M/M coverage
 - d. Switch = Deep middle
2. Vs Backfield motion to Shut side check Sam LB's play Trio

JILL:

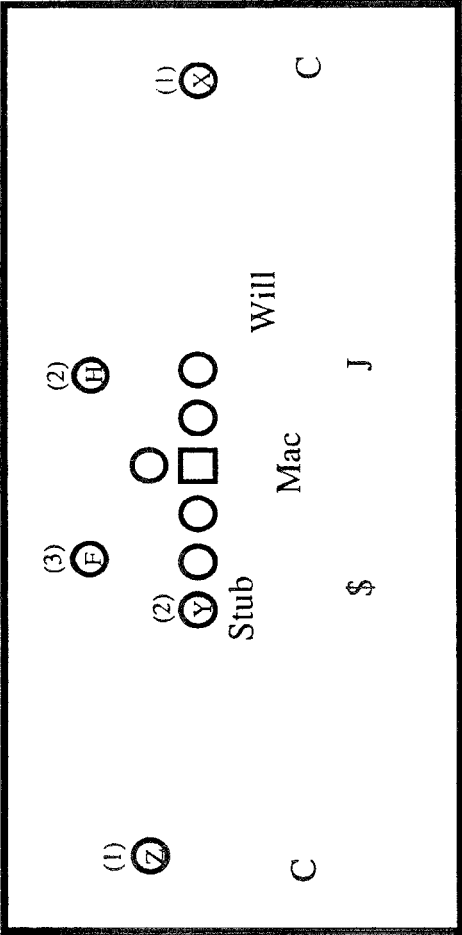
1. 1/2 field weakside.
2. "X" Flex/Near = Bracket.
3. Vs Tight Ace = Zebra.
4. Sam call = Post.
5. Communicate checks.

WEAK CORNER:

1. M/M "X" - Deep help.
2. "X" Flex/Near = Bracket.
3. Check Sam - M/M I only Post help.

Cover 5 Box	Audible: Box	Adjustments: 1. Vs Slot Play It.
STUB: 1. Force based on call. 2. Coverage based on call.	MAC: 1. Force based on call. 2. Coverage based on call.	WILL: 1. Box 1st receiver outside. 2. X Flex outside = Area drop outside. 3. Vs Stack look - Check Zebra.
STRONG CORNER: 1. M/M "Z." 2. Inside Technique. 3. Zip/Crack = Bracket. 4. Slot = Possible Bracket or Spout.	<div data-bbox="703 558 1159 1486"> </div>	WEAK CORNER: 1. "X" m/m. 2. Inside technique Box help outside.

Cover 5 Weed	Audible: Weed	Adjustments: 1. Slot Adjustment = Spout Out. 2. No Near Back = Stick. 3. Ace = Stick. 4. "X" Flex/Near = Bracket ("X").
STUB: 1. Force based on call. 2. Coverage based on call.	MAC: 1. Force based on call. 2. Coverage based on call.	WILL: 1. #2 m/m inside. 2. #2 outside - Cut on "X." 3. #2 block - Stack area drop. Played only vs 2 Back set with Near Back.
STRONG CORNER: 1. M/M "Z." 2. Inside Technique. 3. Zip/Crack = Bracket. 4. Slot = Possible Bracket or Spout.	SAM: 1. Force/Coverage based on call. a. Yale or Deuce = Backer b. Banjo = Sky c. Sam = M/M coverage d. Switch = Deep middle	WEAK CORNER: 1. Jam "X" force outside. Zone the Flat (Take China). 2. Read #2 - #2 block or inside sink with #1. 3. #2 outside - break on throw.



End Run Force

The Secondary, Outside Linebackers and Defensive Ends are all charged with the responsibility to stop the End Run and Run Pass. This is not a difficult or complicated assignment if a proper pattern of defense is followed for each coverage and front.

Terms Connected with End Run Force

- I. Force or Contain - This term describes the responsibility of meeting the End Run in its early stages and making one of three things happen:
- a. Making the tackle.
 - b. Reducing the running lane and forcing the cutback.
 - c. Forcing the ball deeper than it wants to go so the pursuit can run it down.

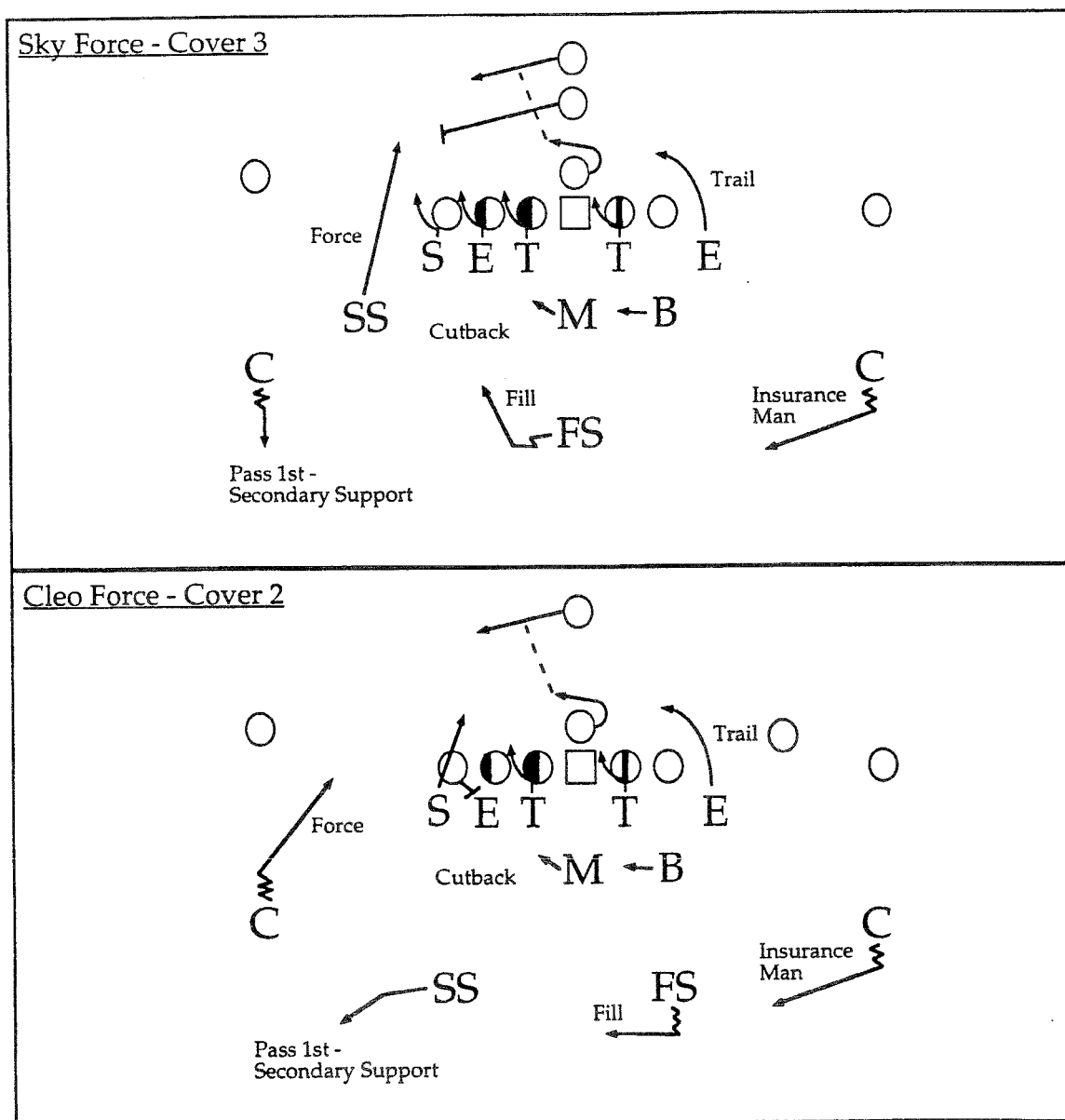
Key Elements of Force or Contain

- a. Key - Tight End, Near Back, Offensive Guard or Tackle.
 - b. Responsibility -
 1. React to key without hesitation to close cutback area.
 2. Meet and defeat the lead blocker before he can turn the corner. Keep shoulders square to line of scrimmage.
 3. Force lead blocker to commit himself. Do not trade one for one.
 4. Force ball carrier to cut back - reduce running lane and react to run outside in.
 5. Make the tackle on a ball carrier who bellies deep.
 6. If key shows pass play, play coverage called.
- II. Cutback - This is the area between the outside force man and the next inside defender. This area will have varying width depending on who is the force man.
- a. Key - Tight End, Near Back, Offensive Guard or Tackle.
 - b. Responsibility -
 1. Recognize the difference between Sweep and Off Tackle play. Example: Angle of Backs or depth or width of pullers.
 2. Get in a position to play cutback and hold it.
 3. Control your blocker and two gap him. Be in a position to make the tackle inside or outside your blocker.
 4. Work to pressure the play upfield.
 5. There is usually more than one cutback defender.
- III. Secondary Support - This term defines the type of play we want from the deep defenders who are responsible for Play Action Pass or Run Pass first.
- a. Key - Block of receiver on primary force man.
 - b. Responsibility -
 1. When run shows get in proper position to cover the receiver or your zone on the Run Pass.
 2. If the receiver blocks on the primary force man support where needed.

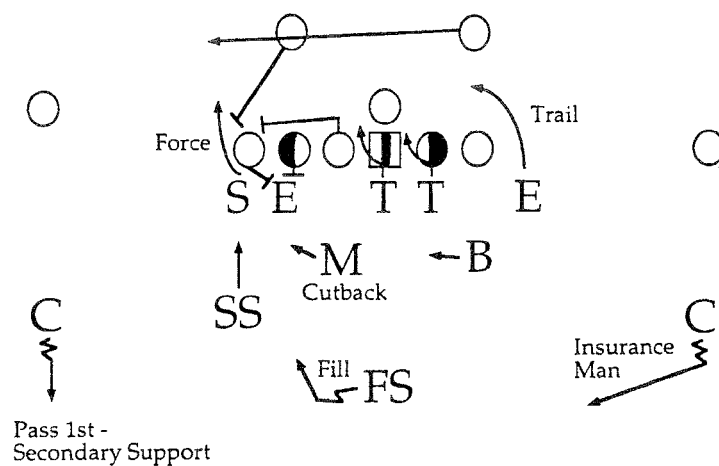
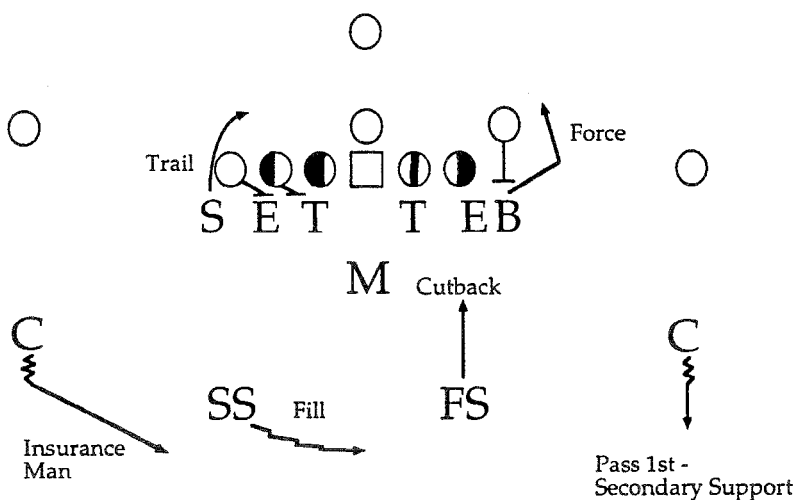
The type of run force depends on the coverage and the run front called. The Chargers most commonly used End Forces are:

1. Sky - Strong Safety Force
2. Backer - Outside Linebacker Force
3. Easy - Defensive End Force
4. Charlie - Sky Force for a Slot Corner
5. Bounce/Crash - Defensive End attack and spill (LB or Safety Force)
6. Cleo - Corner Force (Hard = Cleo also)
7. Bronco - Defensive End Force

Examples of End Run Force:



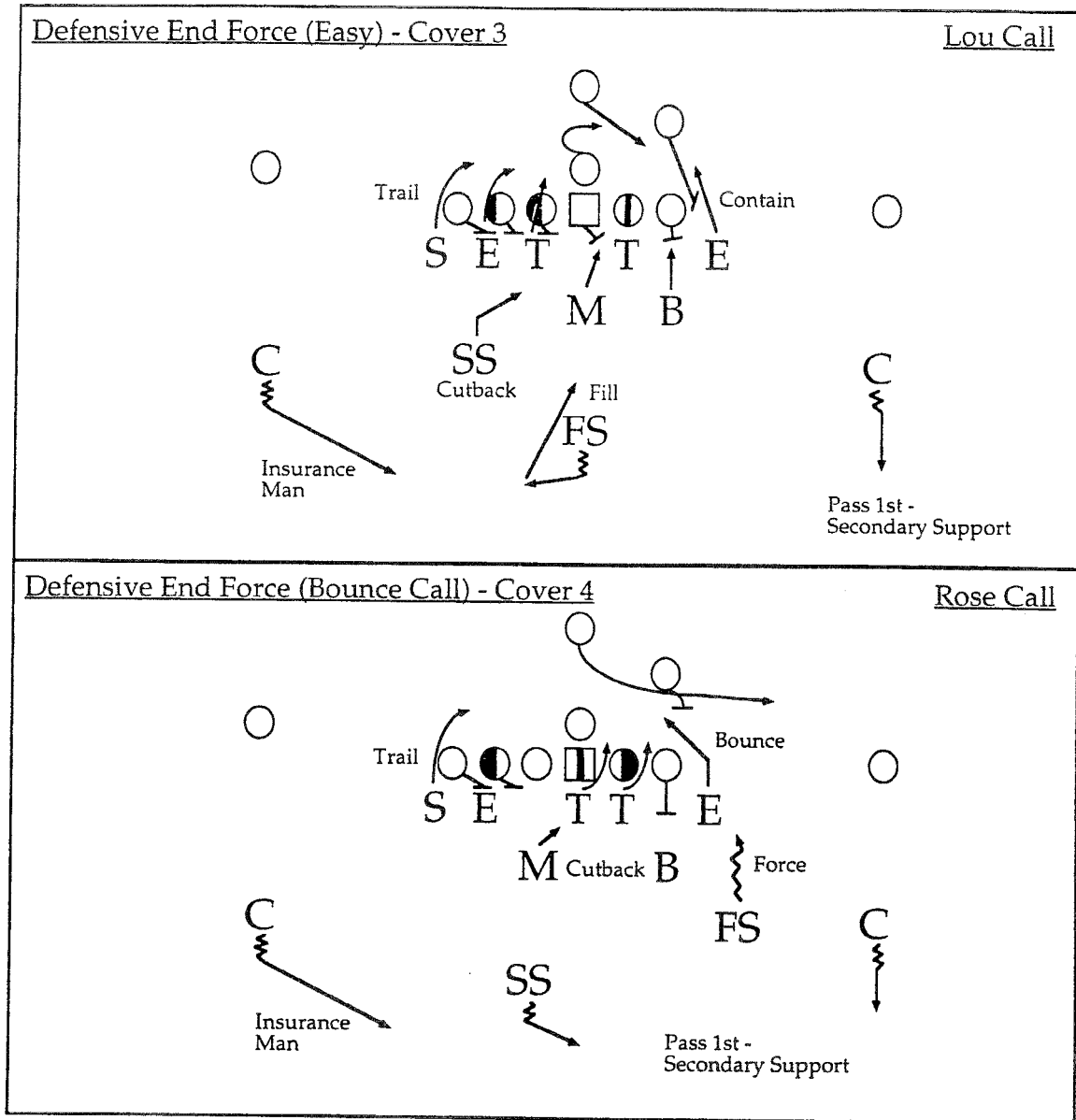
Examples of End Run Force:

Backer Force - Cover 3Backer Force - Cover 4Rose Call

Safeties will make Force call. LB's should acknowledge call by hitting hip. Safety away from call should make Lou/Rose call if appropriate to coverage (Example: 3, 3/4, Open Zone, etc). To the side away from the Safeties call knowledge of the force is assumed.

Example: LB widest man = Backer
DE widest man = Easy

Examples of End Run Force:



Note: If OT blocks out on Defensive End with Bounce or Crash call force reverts back to "Easy" force.

Secondary Support Reminders -

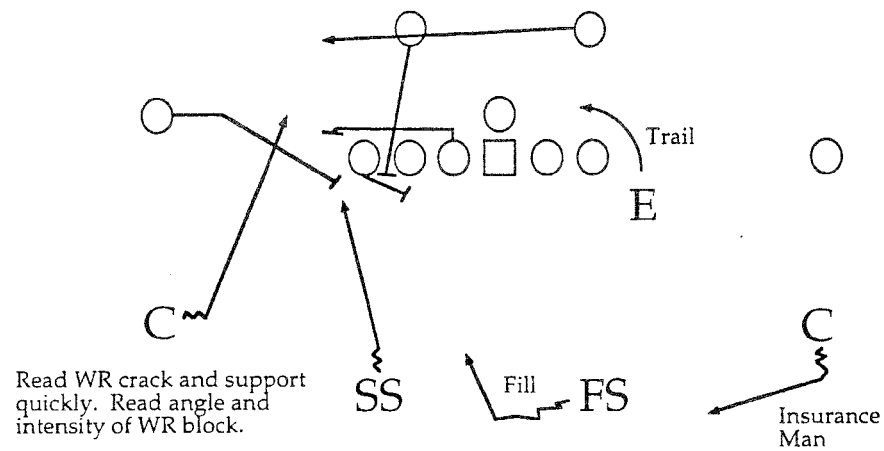
1. When playing man for man coverage and your man blocks with flow your way you are free to support the run.
2. When playing zone coverage you must see the potential threats to your zone before forcing.
Example: "Z" cracks and Tight End blocks - Support the run. "Z" cracks and Tight End releases - Play pass coverage.

Reverse responsibility on flow away:

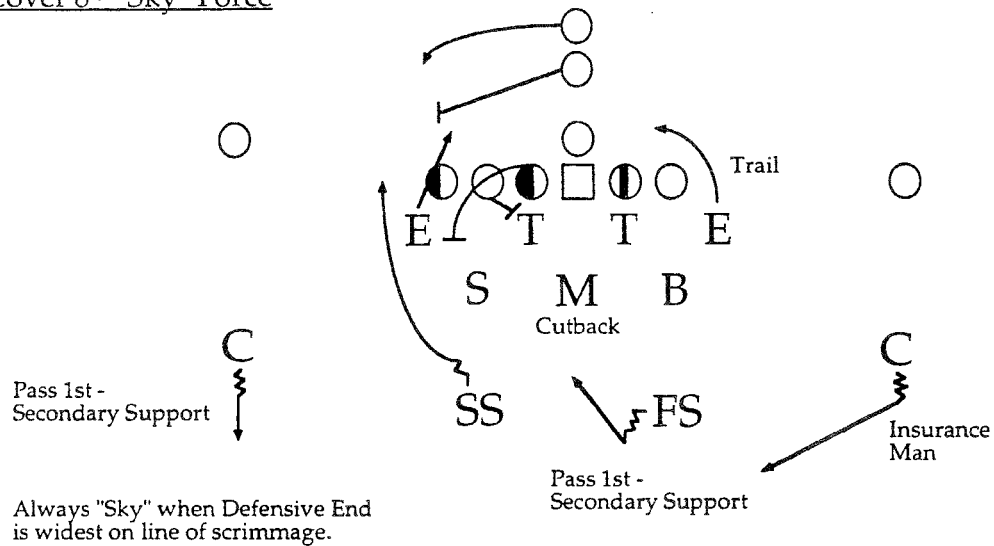
Backer - LB has Reverse
Easy - DE has Reverse
Sky - Safety has Reverse
Cleo - Corner has Reverse

Examples of End Run Force:

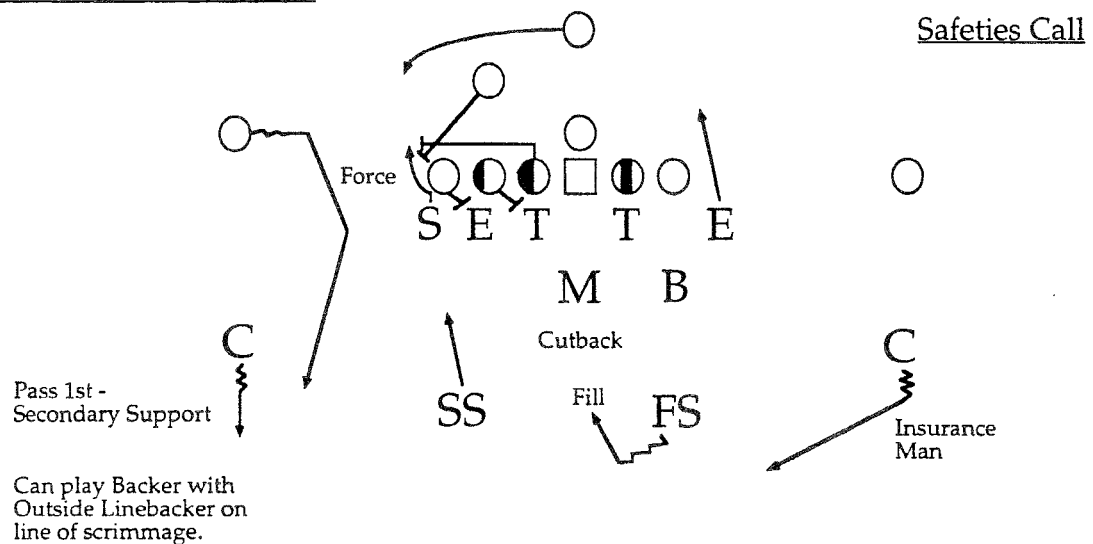
Crack vs "Sky" or "Backer"



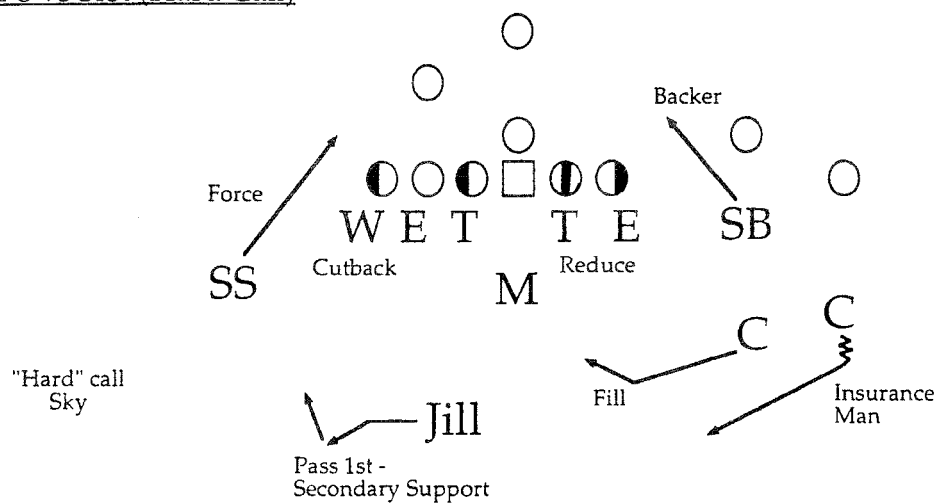
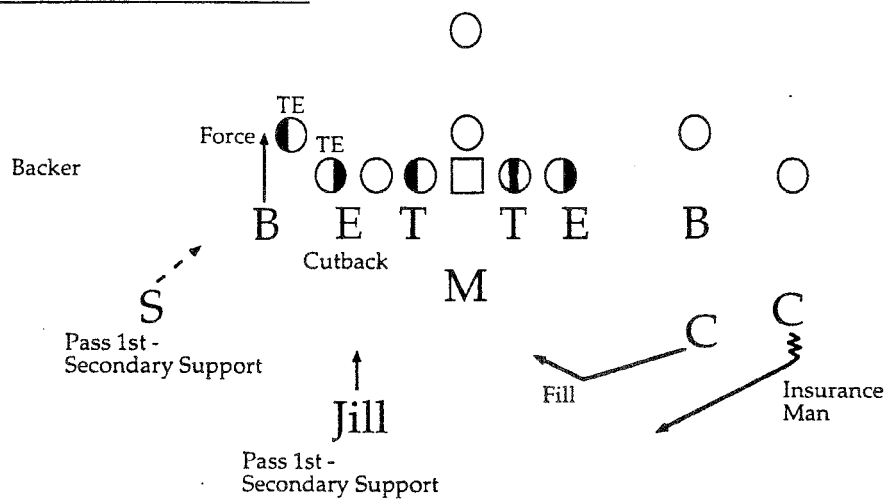
Cover 8 - "Sky" Force



Cover 8 - "Backer" Force

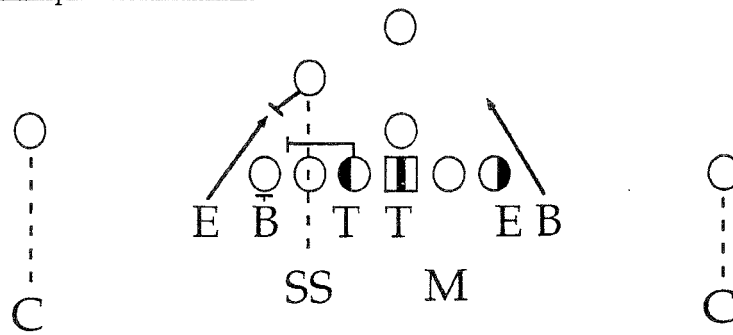


Examples of End Run Force:

Cover 8 vs Slot (Hard Call)Cover 8 - Tandem Call = Backer

Examples of End Run Force:

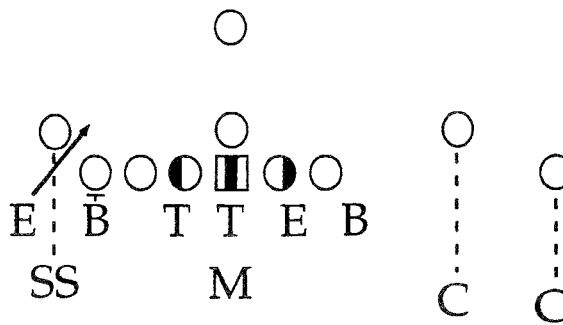
56 Solid Bronco Open I 1 Mule Bronco



Jill

DE - Constrict play. Keep Lead Blocker on inside pad. (Off Lineman or Near Back)

Bronco vs Wing



Jill

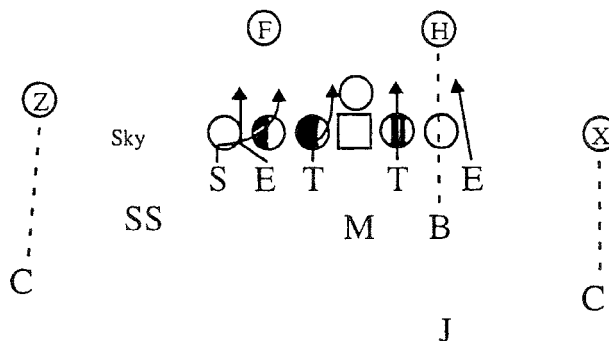
DE - Attack inside shoulder of Wing. Destroy Off Tackle hole & bounce wide running play.

Single Dogs - Man Coverage

Single Dogs - One Linebacker or one Safety doggings with one of the following coverages:
Cover 1, 1 Switch, 1 Box, 1 Mule.

I. Shut I - Shut Backer

Example: 43 Shut I Sox Cover 1



Cover 1 Rules

Sam = #2 strong normal sets. Vs TE - Near Back in and out with Mac. #1 weak vs Slot & Slot wide. Force will be Backer or Sky depending on LB stunt.

Mac LB = #3 strong normal sets (in and out with SS vs TE/NB). #2 weak vs Slot & Slot wide.

Open LB = #2 weak

Jill = Deep middle

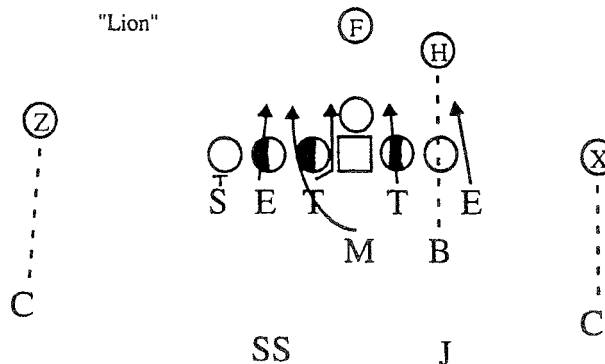
Possible Alerts

1. Vs Zip, Z Crack or X Flex - Bracket call with available Safety.
2. Yo Motion - Man responsible run with motion.
3. 56 Stud Shut I - Mac & Shut LB Near Back rule (Me/You) call.
4. Open Linebacker - Bingo call vs One Back set - 4 Spot.

II. Mac I - Middle Linebacker Dogs

Example: 43 Spike Mac I Cover 1 Boy

"Lion"



Single Dogs - Man Coverage (cont)

Cover 1 Boy Rules

Sam = Vs TE/Near back Backer call - Cover TE.
Vs TE No Near Back Boy call - Cover 1st Back shutside or 2nd Back open.
Vs Slot Wide or Trips - Sam Call - Cover #1 vs Slot Wide, #2 vs Trips (Matchup).

Shut LB = Backer call - Cover 1st Back shut.
Boy call - Cover TE.

Open LB = Cover 1st Back open including Ace.

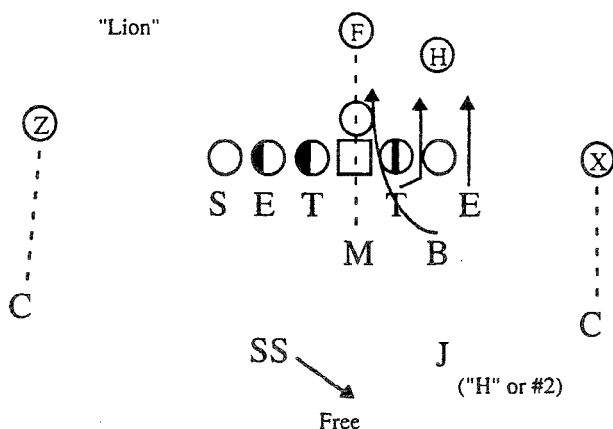
Jill = Deep middle.

Possible Alerts

1. Flex/Crack or Zip = Bracket.
2. Yo Motion - Man responsible with motion cover unless Sam and Shut LB have logical swap.
3. Shut LB - Bingo call vs One Back 2 Spot.
4. DE Openside - 2nd Back rule.

III. Open I - Open Linebacker Dogs

Example: 43 Open I Wide Cover 1 Switch



Open I Cover 1 Switch Rules

Sam = Switch - Vs I/Red/Tan/.Brown/Any Ace Sam plays deep middle.
Backer vs TE - Near Back sets - Cover TE.
Trips or Slot Wide = Sam cover #2 strong match up or #1 weak.

Shut LB = Switch or Boy call - Cover TE.
Backer call - Cover 1st Back shut.
Sam - Cover TE.

Mac LB = Switch - Cover 1st Back shut. Red = Iowa with Shut LB.
 Backer or Boy - 1st Back open (usually 3 Spot).
 Sam - Cover remaining Back (vs TE/4 Spot Iowa).

Single Dogs - Man Coverage (cont)

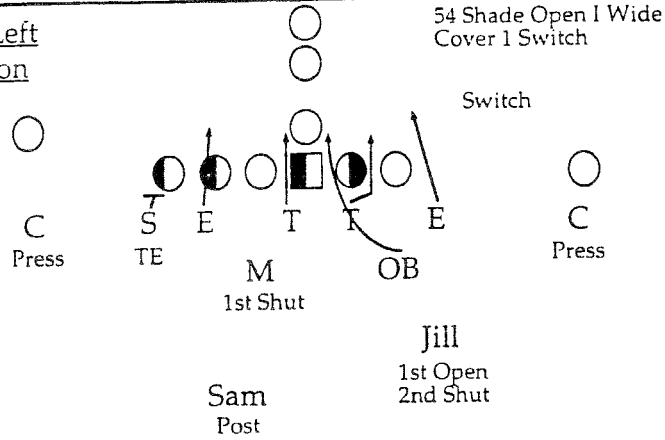
Jill = Switch = I/Red/Near Back Open or Ac.
 Switch - Cover #2 weak or #3 strong vs Slot.
 Backer or Boy - Trips/Black/Blue - Play deep middle.

Possible Alerts

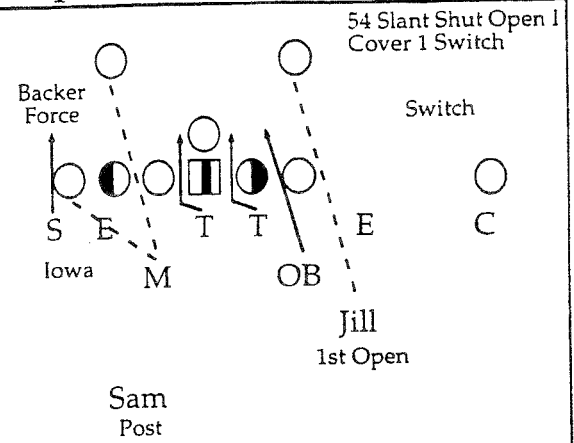
1. Flex/Crack or Zip = Bracket.
2. Yo Motion - Man responsible run with motion.

Single Dog Examples - Open I

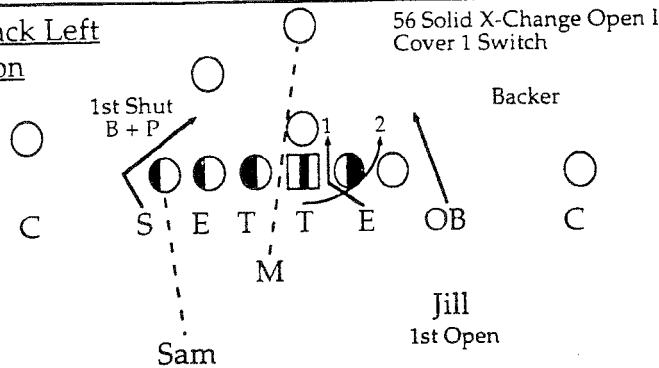
I Left Lion



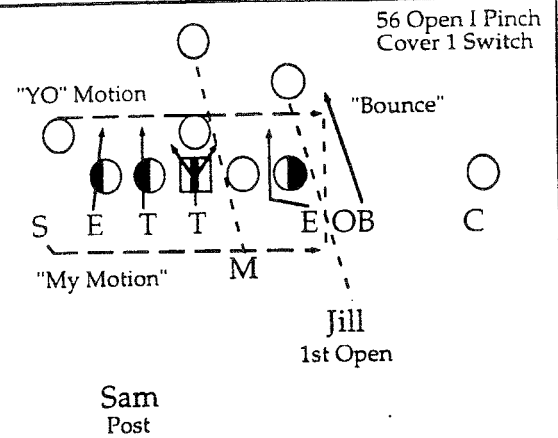
Red Left Lion



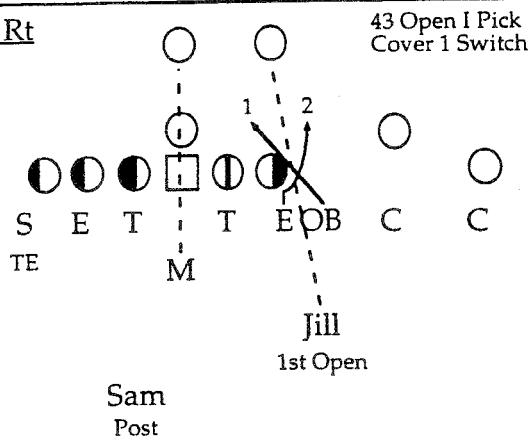
Black Left Lion



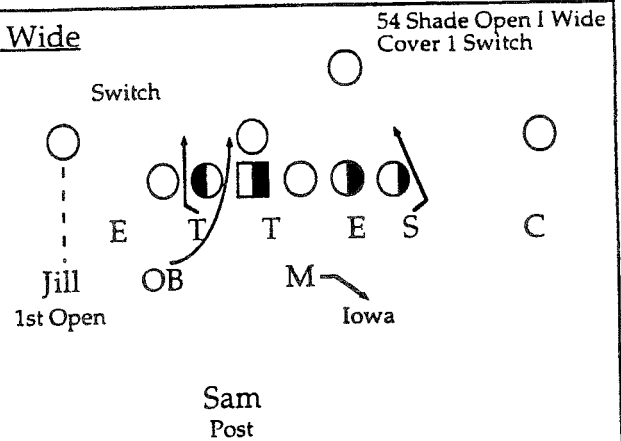
Tan Left Lion



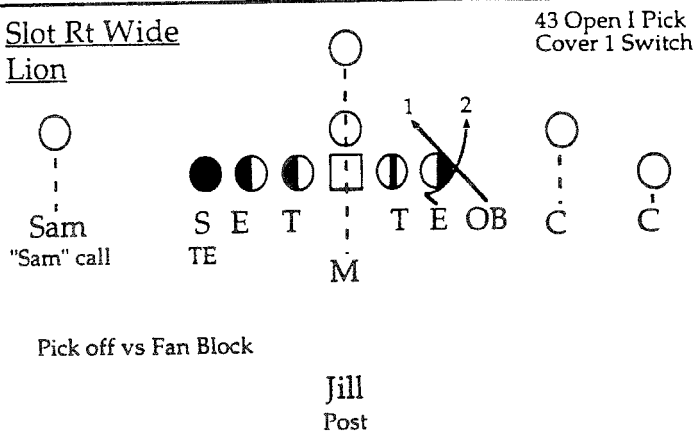
Brown Slot Rt Lion



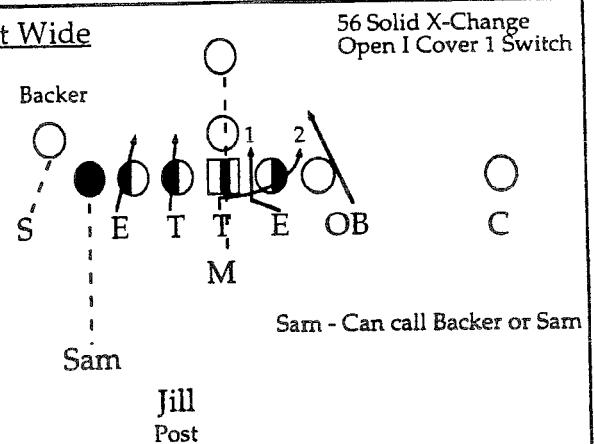
Ace Rt Wide Raider

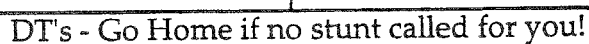


Slot Rt Wide Lion



Trips Left Wide Lion





Single Dog Examples - Shut I

<p><u>Red Left</u> <u>Lion</u></p> <p>43 Shut I Sox Cover 1</p> <p>Jill 1/3</p>	<p><u>Brown Slot Rt</u> <u>Lion</u></p> <p>43 Shut I Change Cover 1</p> <p>Jill Post</p>
<p><u>Tan Left</u> <u>Lion</u></p> <p>56 Slant Open Shut I Sox</p> <p>Jill Post</p> <p>Coverage does not change vs Yo Motion</p>	<p><u>Ace Rt Wide</u> <u>Raider</u></p> <p>43 Shut I Sex Cover 1</p> <p>Jill Post</p>
<p><u>I Left</u> <u>Lion</u></p> <p>57 Stud Shut I Wide Cover 1</p> <p>Jill Post</p>	<p><u>Red Left</u> <u>Lion</u></p> <p>56 Stud Shut I Wide Cover 1</p> <p>Jill Post</p> <p>Near Back Rule = Mac I</p>
<p><u>Slot Rt Wide</u> <u>Lion</u></p> <p>56 Solid Bronco Shut I Wide X Change Cover 1</p> <p>Jill Post</p>	<p><u>Trips Left Wide 4</u> <u>Lion</u></p> <p>43 Shut I Sox</p> <p>Jill Post</p> <p>Bingo call Find A gap & Go</p>

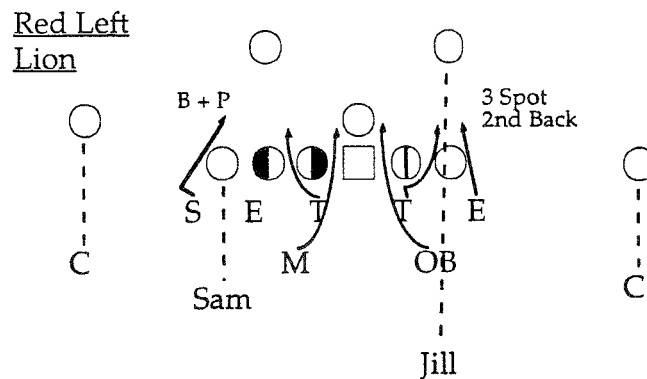
Two Linebacker Dogs

1. Blast - Mac and Open LB blitz. Shut LB and Secondary are in coverage.
2. Smash - Mac and Shut LB blitz. Open LB and Secondary are in coverage.
3. 2D (Saw) - Shut and Open LB blitz. Mac and Secondary are in coverage.
4. Fire Dog - All three linebackers blitz with Blast coverage rules for OLB's and Secondary.

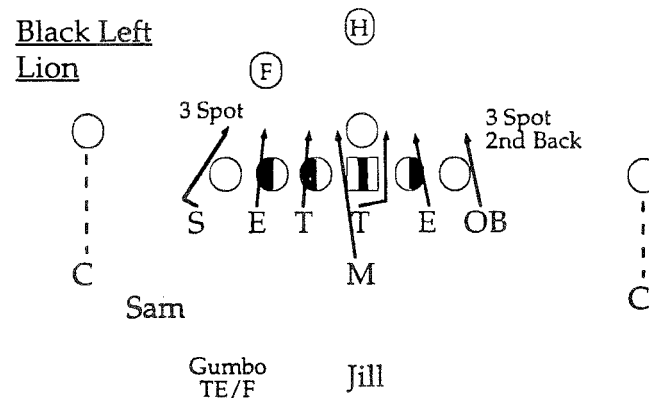
Note: All Dogs are executed in relationship to the position of the Tight End. (Lion or Raider call). Vs Ghost - Man responsible cover or Bingo.

I. Blast - Mac and Open LB Blitz

Example: 44 Wide Blast



Example: 56 Solid Blast



Blast Coverage Rules: I + Red = Weak

1. Sam (SS) - Vs I + Red and Weak formations - Brown, Tan, Ace etc - Cover TE. Vs Strong formations - Blue, Black, Trips - Gumbo with Jill.
2. Jill - Vs I, Red and Weak formations cover 1st open. Vs Strong formation Gumbo.
3. Shut LB - Vs I or Red cover 1st Back shut. Vs Blue, Black, Tan, Brown cover 3 spot including checkdown.

Vs any one Back set Secondary covers 4 receivers out, Shut LB covers remaining Back. Shut LB must make Bingo call if one Back set 2 spot.

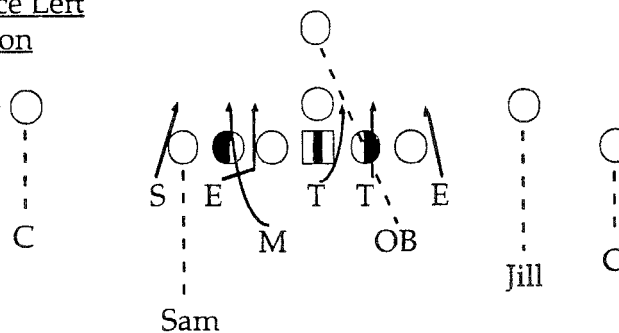
Blast 2nd Back Rule

1. Widest rusher to open side must blitz and peel 2nd Back to open side in Blast. 2nd Back is defined as 2nd Back on Flow to, 3 spot or remaining Back.
2. If remaining Back is 2 spot Bingo call is made and Open LB covers the Back.

II. Smash - Mac and Shut LB Blitz

Example: 54 Pinch Smash

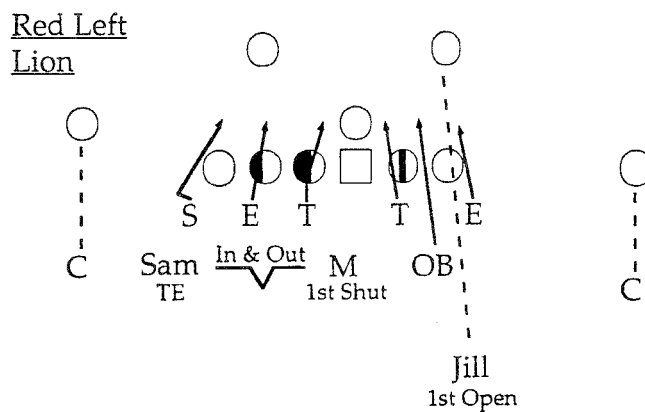
Ace Left
Lion



1. Sam (SS) - Vs I, Red and Strong formations - Blue, Black, Trips = Gumbo (Sky). Vs Weak formations - Tan, Brown, Ace - Cover TE.
2. Jill - Vs I, Red and Strong formations Gumbo with Sam. Vs Weak formations - Tan, Brown, Ace - 1st Back open.
3. Open LB - I or Red 1st Back open. All other sets 3 spot. Vs One Back set 4 spot make Bingo call to Shut LB.

III. 2D - Shut and Open LB Blitz

Example: 43 Tite 2 D

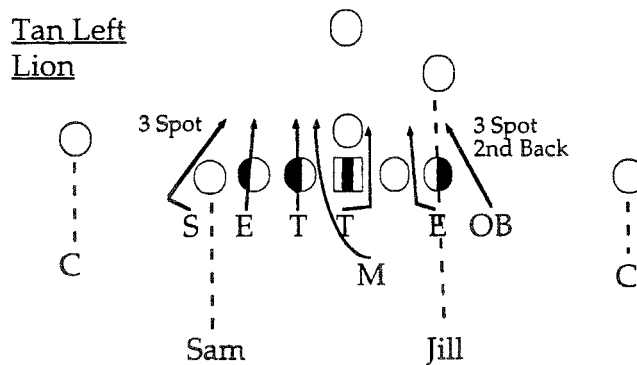


1. Sam (SS) - Vs I + Red and Weak formations - Brown, Tan, Ace etc - Cover TE.
2. Jill - Vs I, Red and Weak formations cover 1st open. Vs Strong formation Gumbo.
3. Mac LB - Vs I + Red 1st Back shut. All other sets 3 spot. Vs One Back sets cover remaining Back.

Vs a One Back set with 2 or 4 spot may give OLB Ricochet call. Replace on Backs block.

IV. Fire Dog - Shut, Mac and Open LB Blitzing with Peel

Example: 56 Pinch Fire Dog

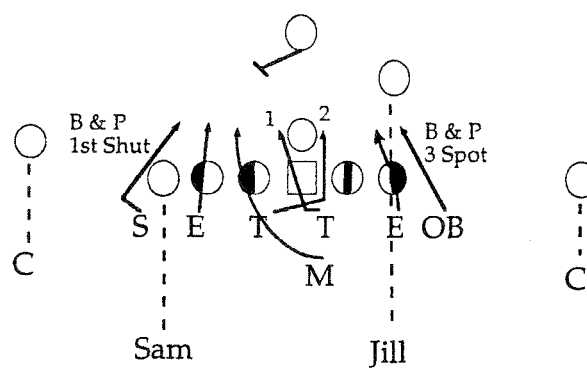


1. Sam (SS) - Vs I + Red and Weak formations - Brown, Tan, Ace etc - Cover TE.

2. Jill - Vs I, Red and Weak formations cover 1st open. Vs Strong formation Gumbo.
3. Shut LB - I + Red 1st Back shut. Otherwise 3 spot (2nd Back rule).
4. Open LB - 2nd Back rules like Blast.
5. Mac LB - Blitz, if RB blocks you, you are responsible for him.

Variation

Example: 43 Fire Dog ISX Mac Read



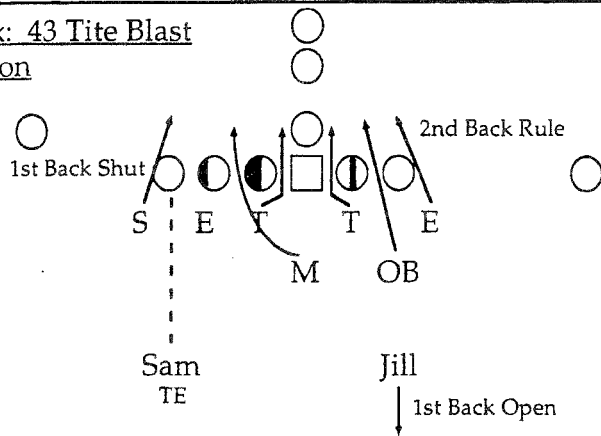
1. Mac LB - Blitz B gap to side of third receiver. Vs One Back set blitz to side back steps.
2. DT's - Run tight ISX (A gap).
3. OLB's - May add Sox call - (Up and Under).
4. DE's - If Sox call, DE to open side - Blast rules. DE to TE side - 1st Back Shut. I & Red or 3 Spot.

Two Backer Dog Examples

11

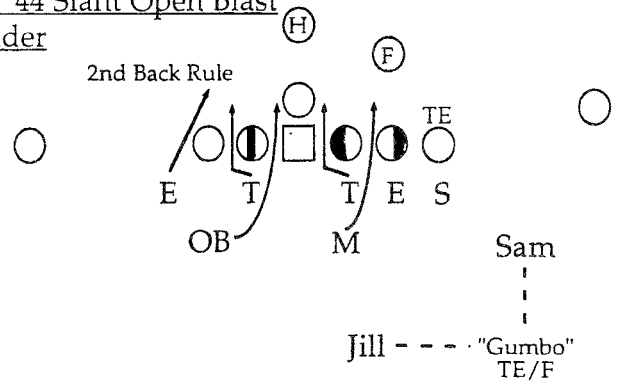
Ex: 43 Tite Blast

Lion



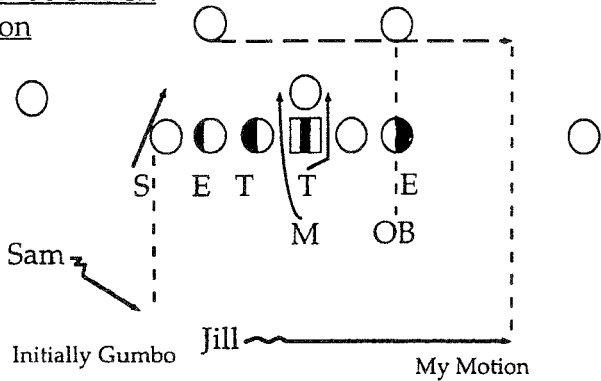
Ex: 44 Slant Open Blast

Raider



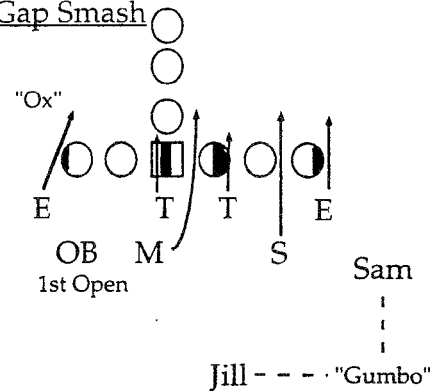
Ex: 56 Smash

Lion



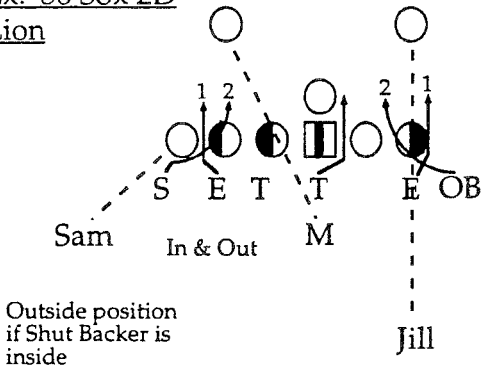
Ex: 56 Stud Gap Smash

Raider



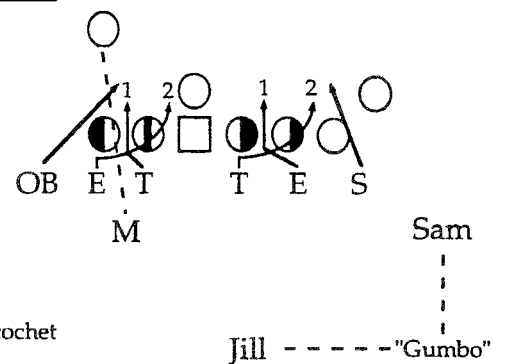
Ex: 56 Sox 2D

Lion



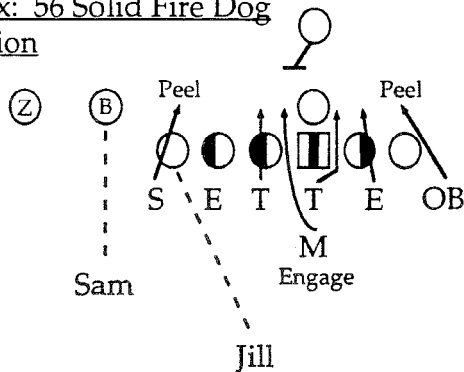
Ex: 43 2D Elko

Raider

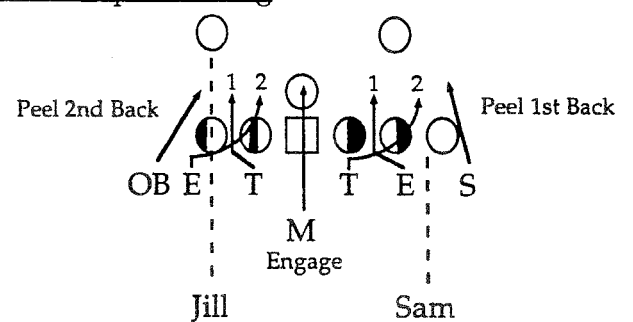


Ex: 56 Solid Fire Dog

Lion



Ex: 43 Tempe Fire Dog



Base Void Dogs

54 Defense

- | | | |
|----|--------------------------|--------------------|
| 1. | 54 Pinch Smash ISX | Strong Void Anchor |
| 2. | 54 Smash <u>Sox</u> ISX | Strong Void Anchor |
| 3. | 54 Wide Blast | Strong Void Anchor |
| 4. | 54 Slant Open Shut Blast | Strong Void Anchor |
| 5. | 54 Solid Blast | Strong Void Anchor |
| 6. | 54 Wide Blast Open | Strong Void Anchor |

56 Defense

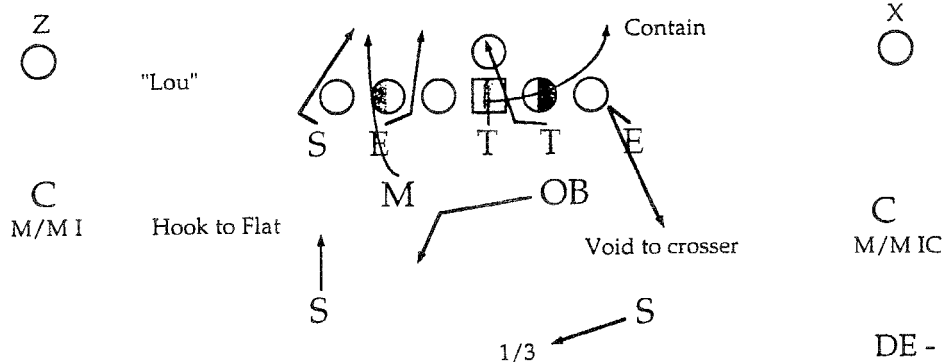
- | | | |
|----|------------------------|------------------|
| 1. | 56 Slant Open Sam I | 3 Void Anchor |
| 2. | 56 Spike Pinch Blast | 2/3 Void Anchor |
| 3. | 56 Stud Open I | 2/3 Void Anchor |
| 4. | 56 Stud Shut I (Stunt) | Shut Zone Anchor |

43

- | | | |
|----|-----------------|-----------------|
| 1. | 43 Double Eagle | 2/3 Void Anchor |
|----|-----------------|-----------------|

54 Pinch Smash ISX

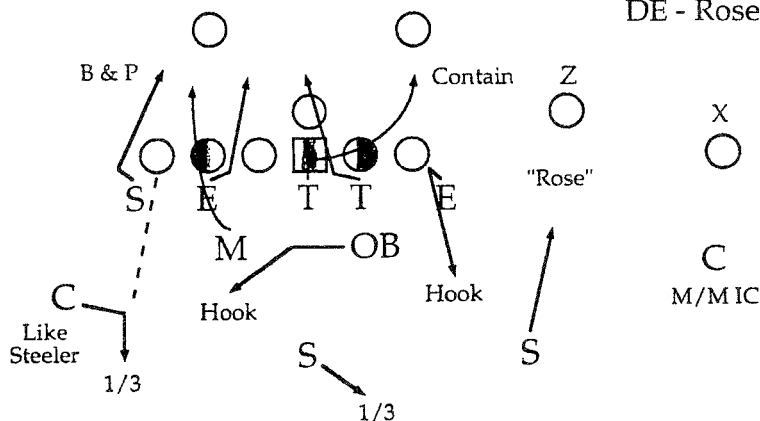
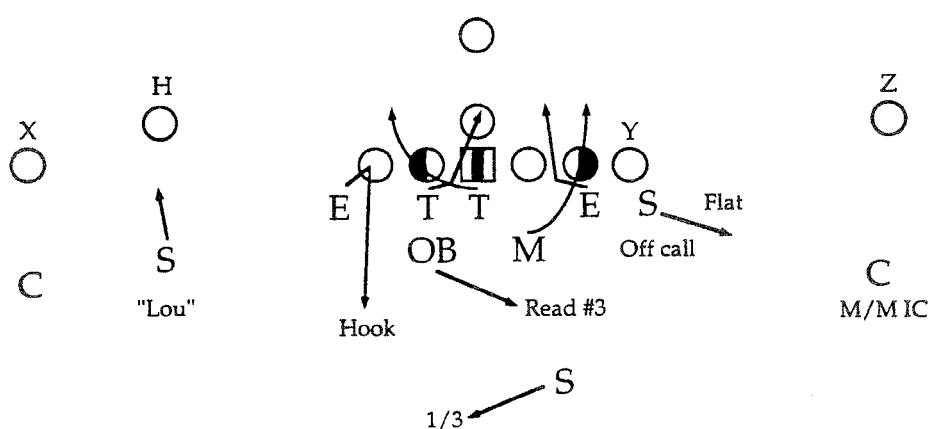
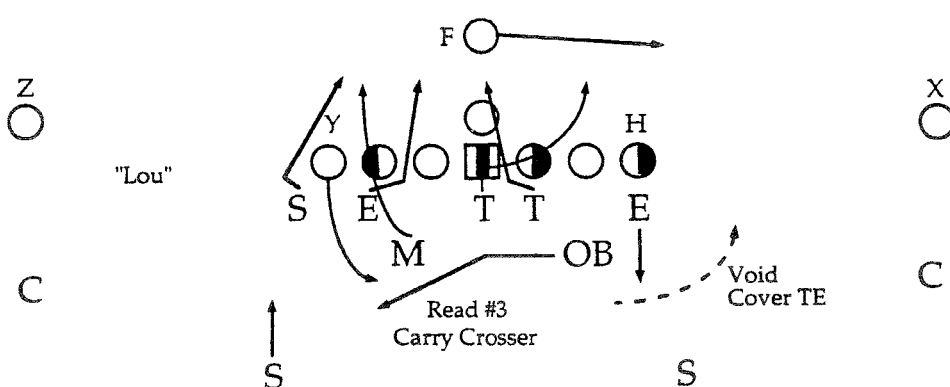
Strong Void Anchor

Red Left
(Lion)HB Fly Wea
Ck Rose

DE - Lou call you are Voi

Red Slot Right
(Lion)

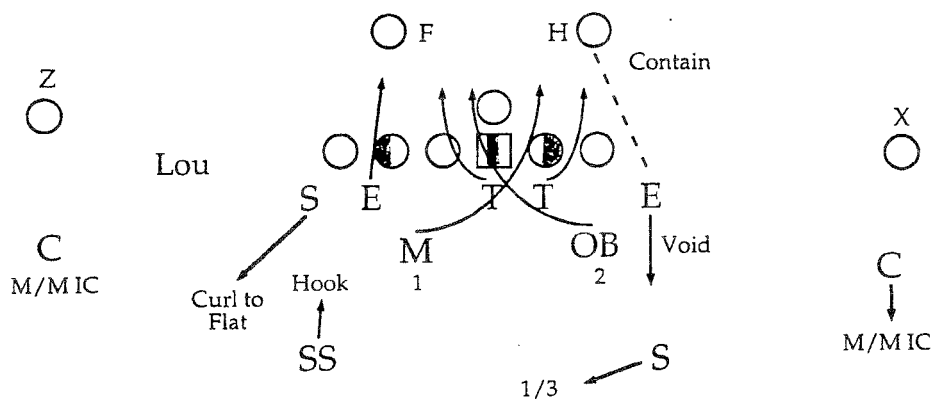
DE - Rose call = Hook defende

Ace Right
(Raider)Safeties treat
Ace like Slot
Lou or Rose
opensidePepper Left
(Lion)Mac - vs 2 x 2
set read #3

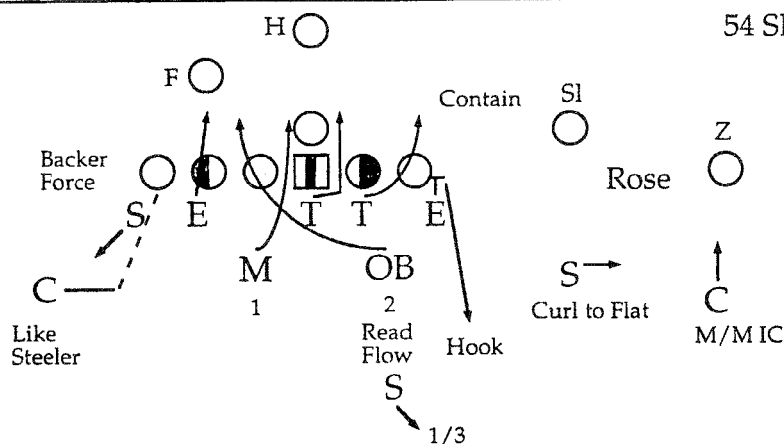
Shut LB - Lou/Rose call to you - blitz. Call away - drop. Give Mac Off call.

Red Left
(Lion)

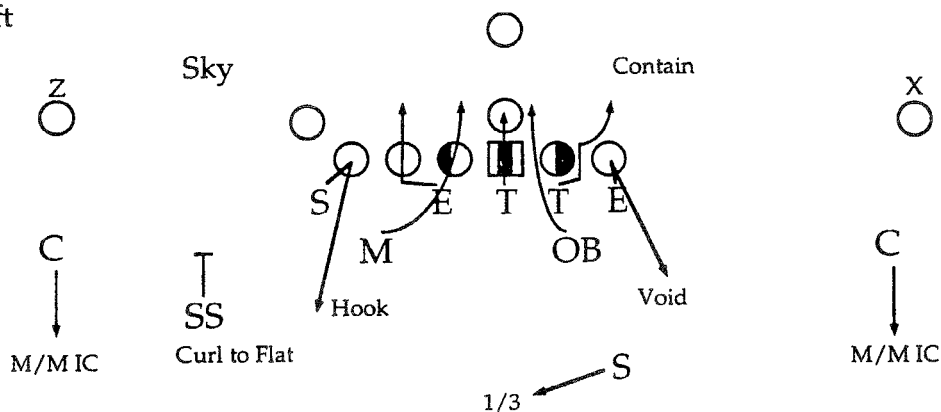
54 Wide Blast

Black Slot Right
(Lion)

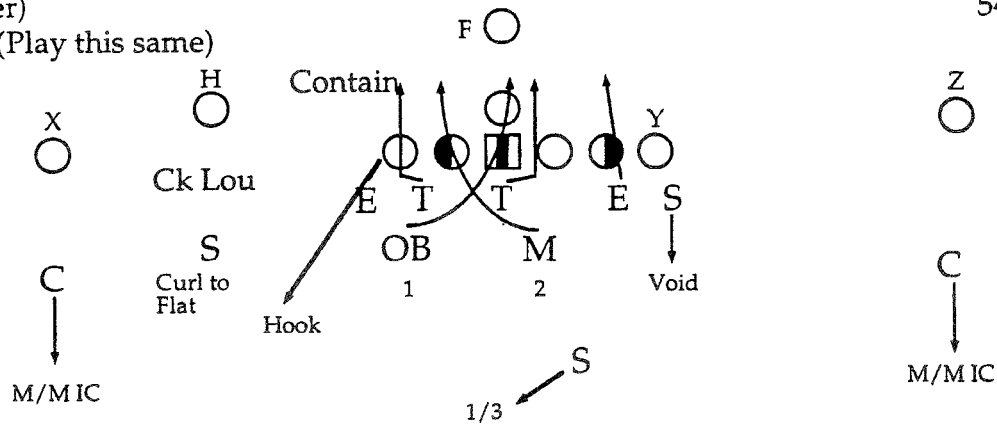
54 Slant Open Shut Blast

Shut LB - Zone drop
if your Back blocks.
Look for crosser.Pepper Trips Left
(Lion)

54 Solid Blast

Ace Right (Raider)
or Slot Lt Wide (Play this same)

54 Wide Blast Oper

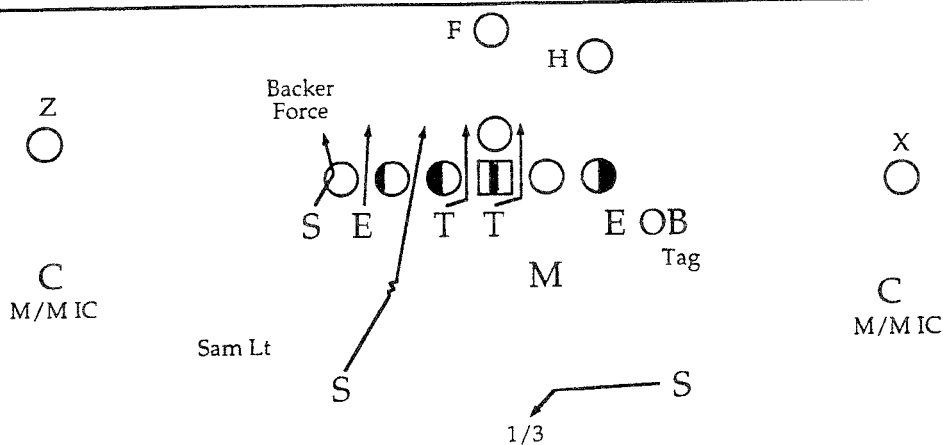


56 Slant Open Sam I

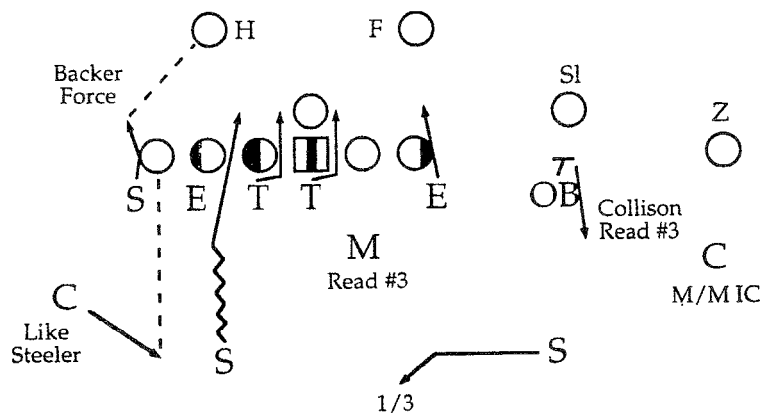
3 Void Anchor

Tan Left
(Lion)

LB - Read #3
Secondary
show Cov 8
look

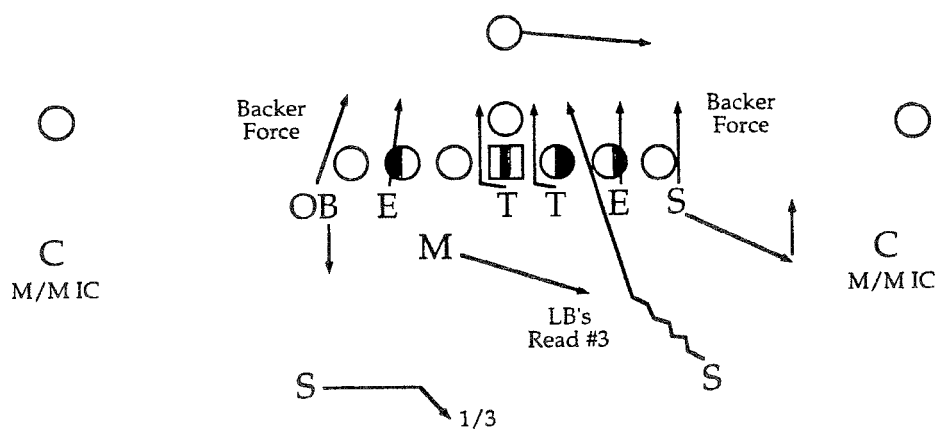


Red Slot Right
(Lion)



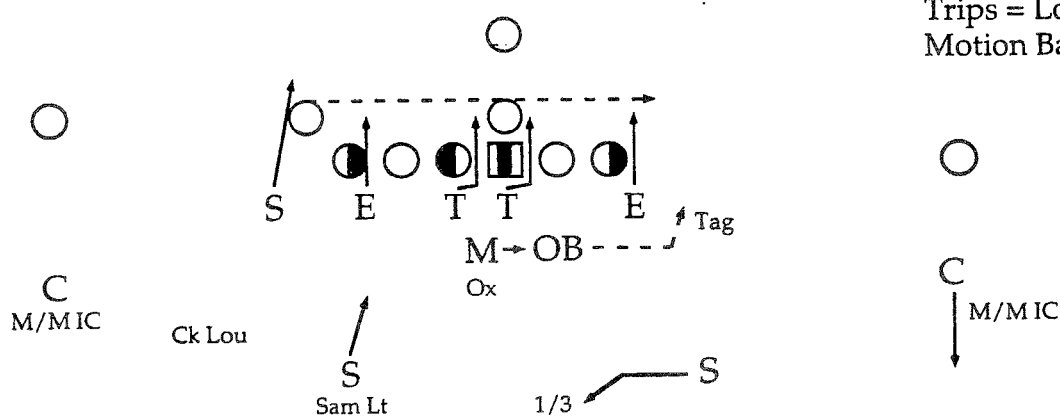
Pepper Right
(Raider)

Secondary show
Cov 8 look



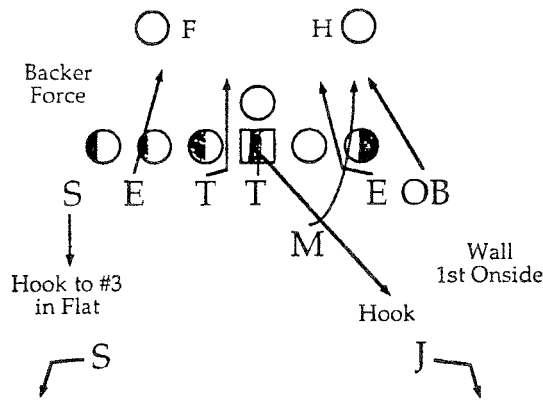
Trips Left

Trips = Lou
Motion Back = Sam Lt



Red Left
(Lion)

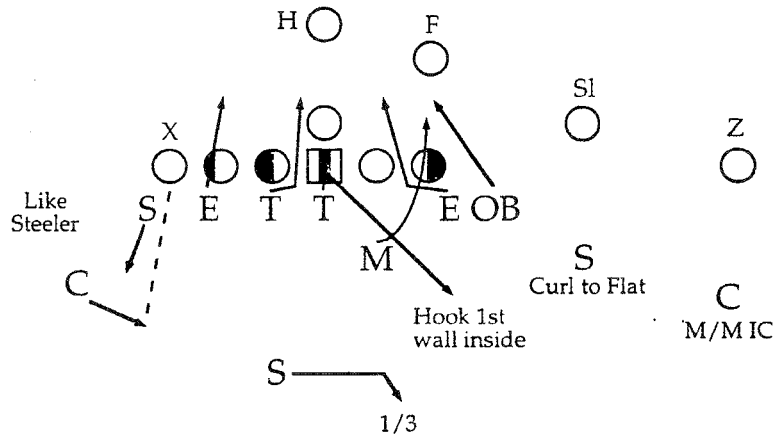
Z
O
|
C
Cov 2



Cov 2

X
O
|
C
Cov 2

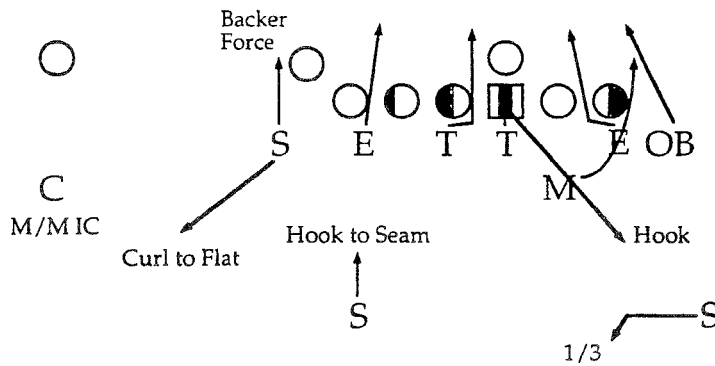
Tan Slot Right
(Lion)



Slot & Trips =

Ck Rose

Pepper Trips Left Wing
(Lion)



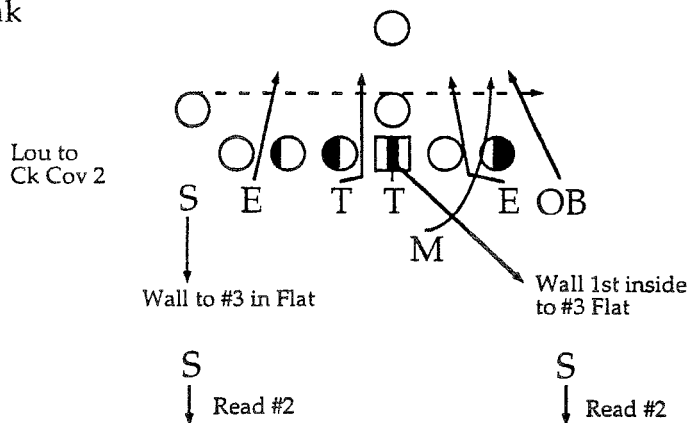
Mac -vs Trips Blitz and Peel 2 Sp
OB - vs Trips B & P 3 Spot

Ck Lou

C
M/MIC

C
M/MIC

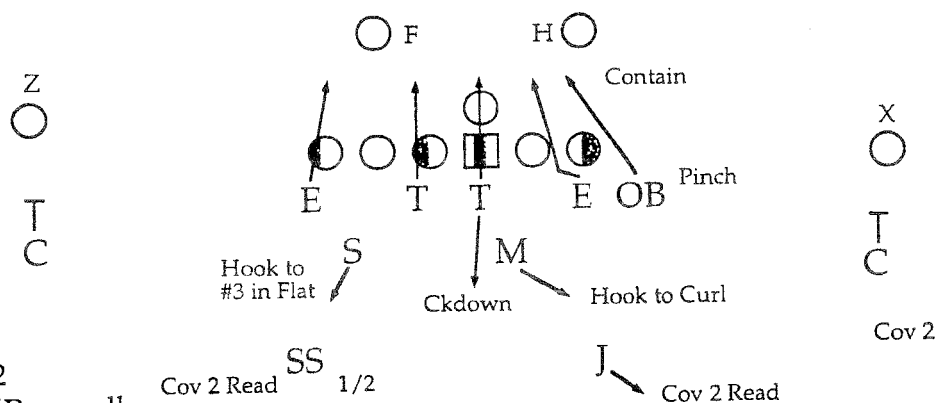
Pepper Ace Left Fly Weak



Cov 2

Lou to
Ck Cov 2

X
O
|
T
C

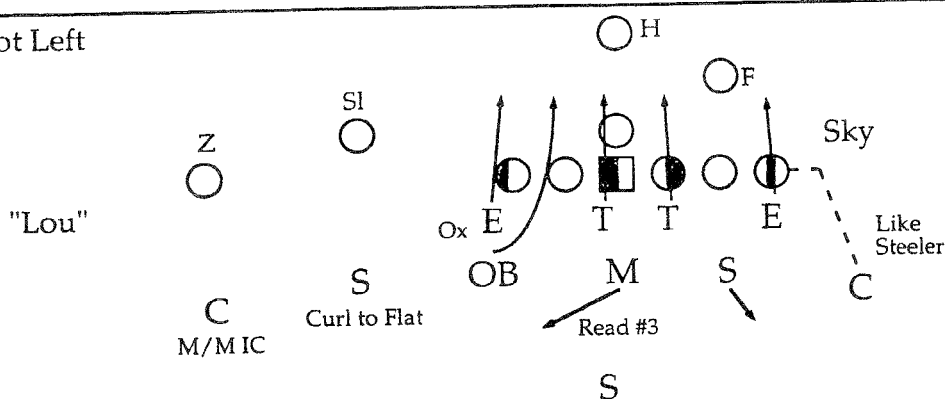
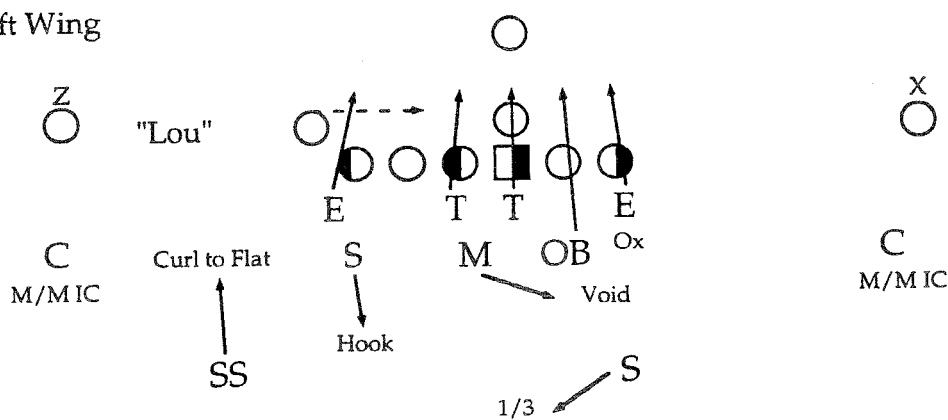
Red Left
(Lion)Open LB Options:
Pinch, Ox, PickNT drops in Cov 2
Rushes with Lou/Rose call

Cov 2 Read SS 1/2

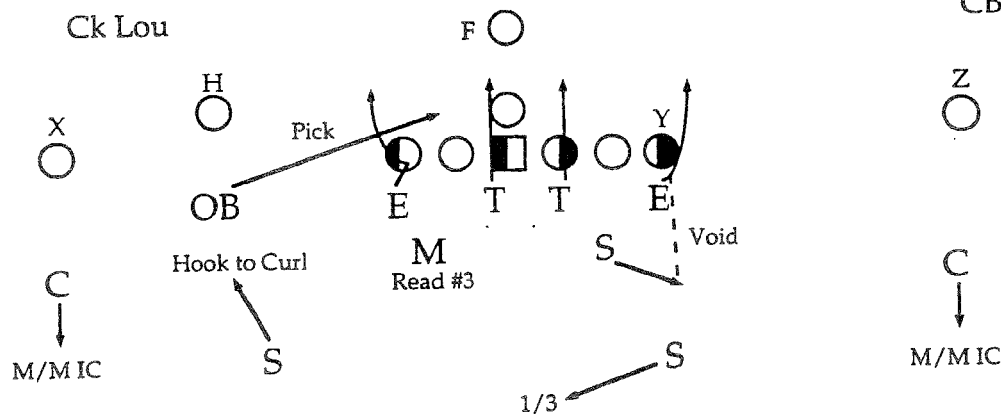
Cov 2 Read

Black Slot Left
(Raider)

Slot & Trips = 3

Mac drop to side
of OLB or to #3Pepper Trips Left Wing
(Lion)Vs Fly Weak Ck 2
DE - Stay in 9 vs WitSlot Left Wide
(Raider)

CB's can Press & Be



May play with 2/3 Cloud call

56 Shade Shut I (Stunt)

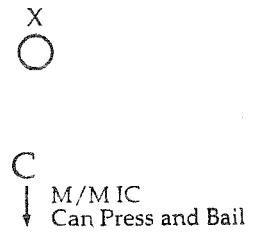
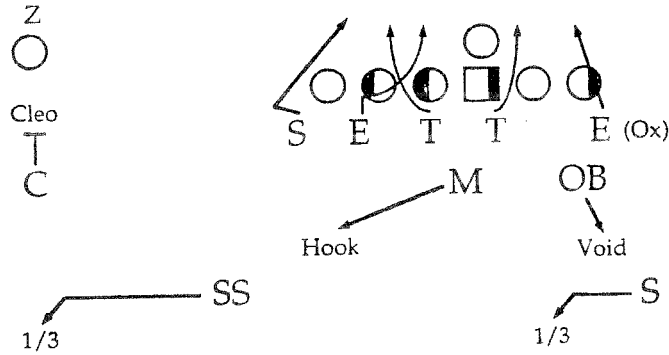
Shut Zone Anchor

7

Red Left
(Lion)

DE/DT = Se

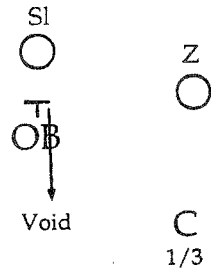
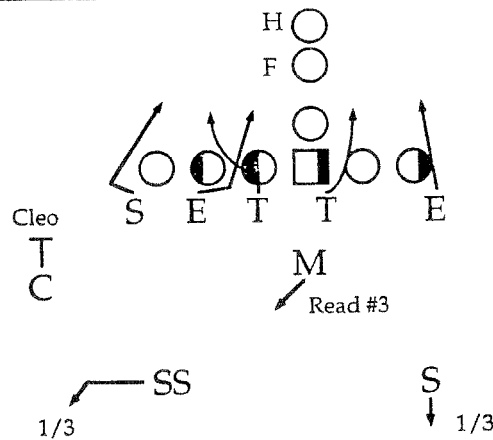
Mac - Drop to TE side 1:



I Slot Right
(Lion)

DE/DT = Sex Change

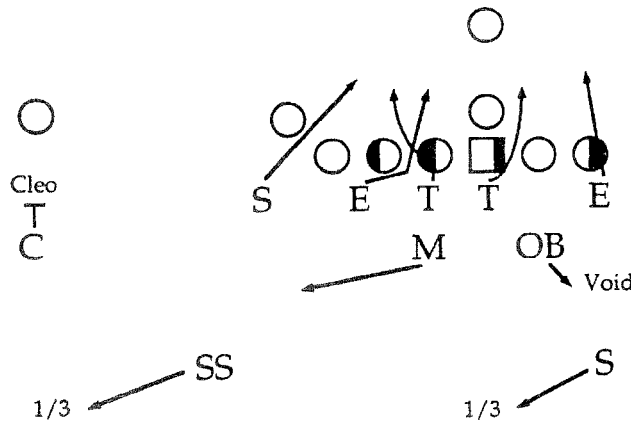
Mac - Get depth read #



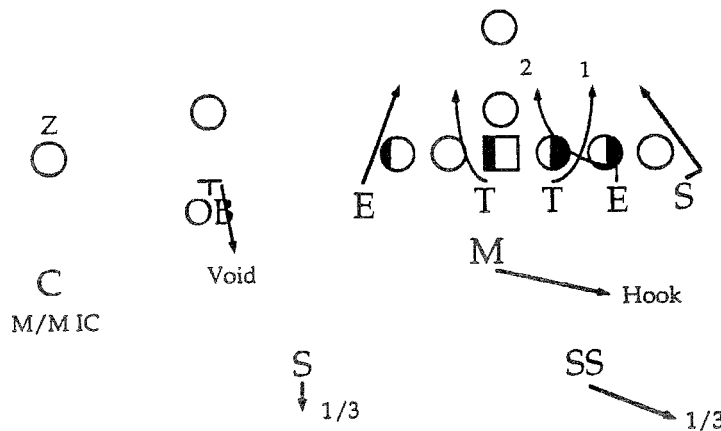
Pepper Trips Left
(Lion)

Vs Wide Trij

SS = Sky



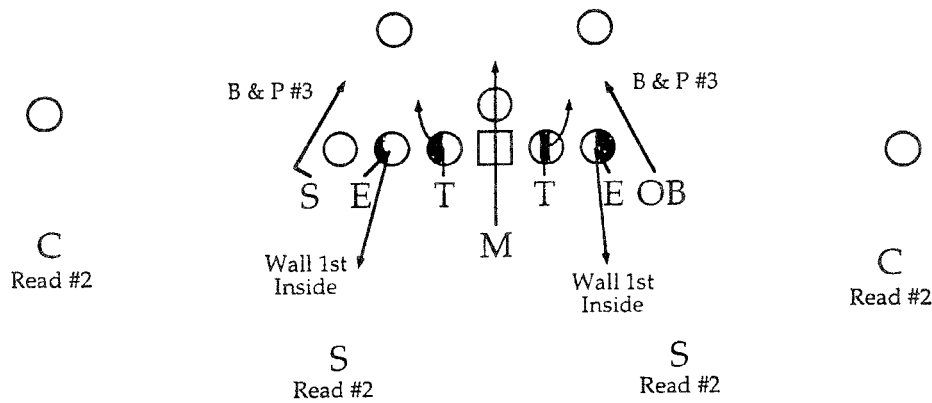
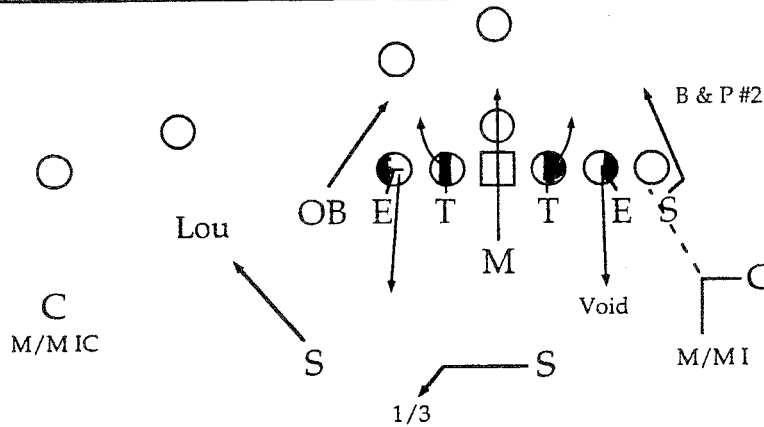
Ace Right



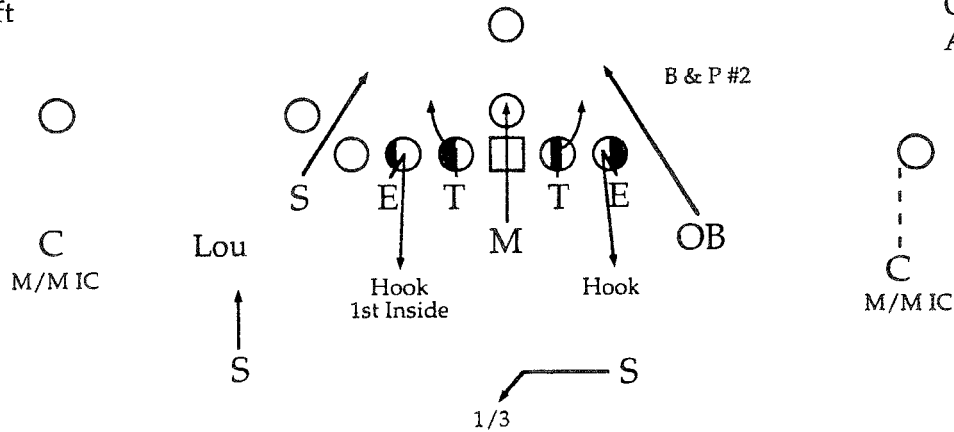
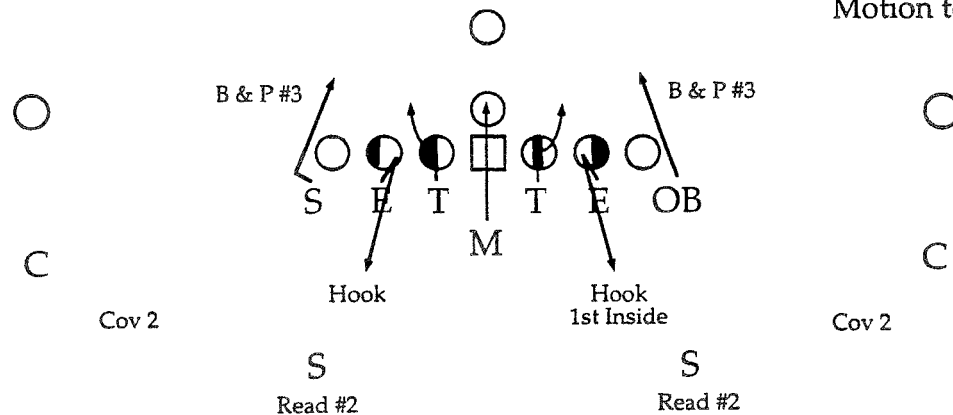
43 Double Eagle

2/3 Void Anchor

Cover 2

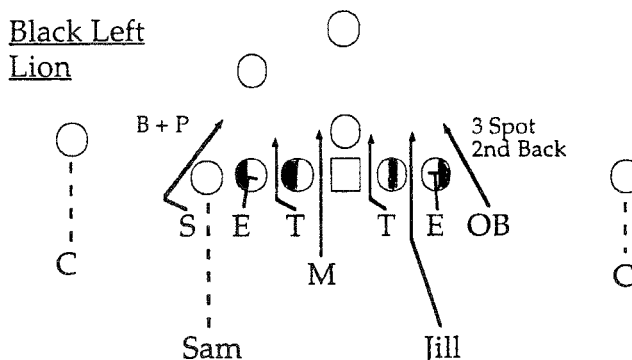
Red Left
(Lion)Tan Slot Left
(Raider)

Slot & Trips = 3 (Lou/Rose)

Mac - Blitz till blocked then
QB scramble to ballLB's - Repeat Lou/Rose call
to DEPepper Trips Left
(Lion)OLB - Lou/Rose call
Away = B & P #2Pepper Left
(Lion)

Motion to Trips = Lou/Rose

- Example: 43 Slant Shut Jill Thunder

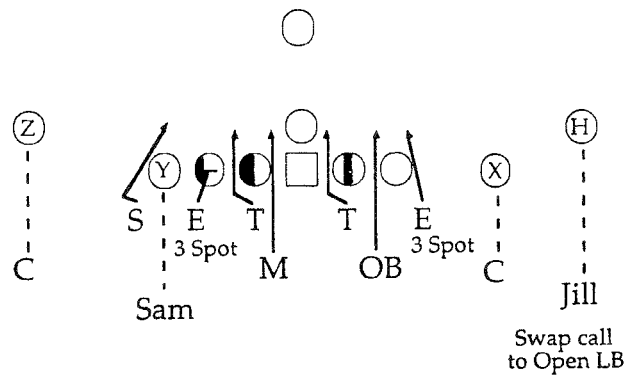


1. Sam (SS) - TE (Y) or 2nd receiver to shut side. Vs Slot or Slot Wide #1 receiver to shut side. Yo Motion - Run with TE.
2. Shut LB - #3 receiver to shut side. If #3 in Near Back position - blitz and peel. If #3 in 3 Spot blitz (DE has 3 spot). Vs Trips and Slot Wide - Cover TE (Sam is gone).
3. Open LB - #2 weak vs Regular sets #3 strong vs Slots. #2 in Near Back position - blitz and peel. #2 in 3 spot blitz (DE has 3 spot).
4. DE's - Engage rush OT - create a short corner for linebacker. You have 3 spot with 2nd Back rule.
5. Jill - Blitz designated gap. Vs Ace 2 spot Bingo 2 Spot and don't blitz. Vs Wide Ace may swap with Open LB. Open LB blitzes your gap - you cover #2 weak. Vs Ghost your side cover the Back.

6. Mac - Blitz designated gap. Vs Trips 4 spot or Slot Wide 4 spot "Bingo" cover Back no blitz. Vs Ghost cover your Back.
7. Corners - 6 yds deep inside of WR. Be ready to drive on sight adjust.

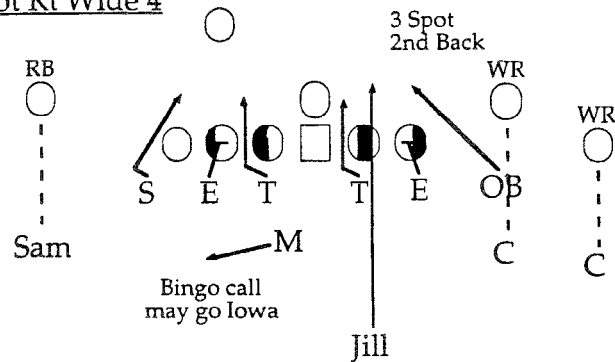
OLB's give DE's call when involved in blitz and peel. Give 3 spot call to alert DE of coverage responsibility.

Example: 43 Slant Shut Jill Thunder



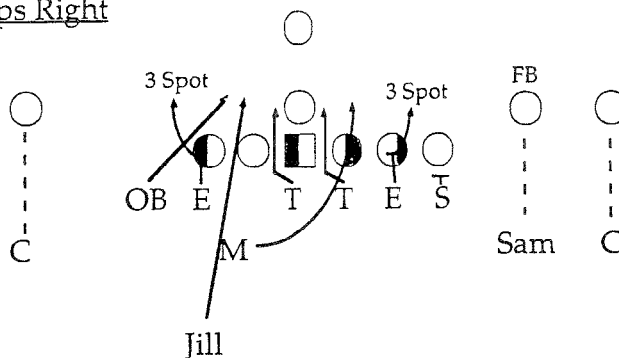
Example: 43 Slant Shut Jill Thunder

Slot Rt Wide 4



Example: 56 Slant Open Jill Thunder

Trips Right

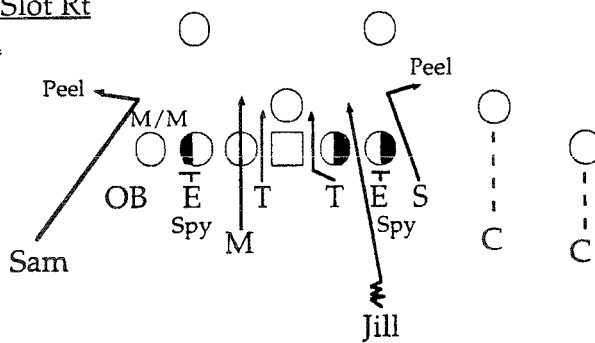


Options: Sam and Shut switch responsibilities
 "Boy" call - Backer on "Y;" Sam on 1st Back shut.

Example: 54 Gap Nail Jill Thunder

Red Slot Rt

Lion



Defensive Ends - Be aware of Outside Backers when in coverage. Widen rush when linebacker involved in Peel to help contain Quarterback. LB give off call.

43 Slant Shut Wild Dog

4

Wild Dog is a Jill Thunder with the Sam blitzing and peeling on a Near Back.
The Shut LB (to Lion or Raider side) now has TE man to man.

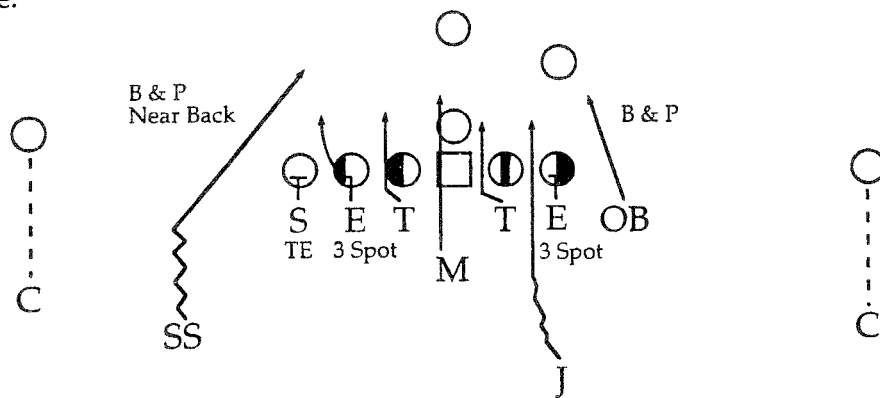
All other rules apply

Open LB - Blitz and peel Near Back

DE's - Still have 3 spot coverage

Vs Trips or Slot Wide Wild Dog revertst back to Jill Thunder because man SS has B & P on is now out of backfield.

Example:



Nickel/Dime Package

Nickel Fronts

1. N-40
2. N-Over Gap
3. Shade
4. Under
5. Solid Shut I
6. Solid Bronco Open I
7. Solid Shut I Gap Flush

Zone Coverages

1. Geronimo Cleo-Backer-Sky
2. Geronimo/Steeler or Pittsburgh
3. 8 Flow, Tandem - Hammer, (Stg side)
Hard, Jump (Weak side adj)
4. Strong Zone
5. 2 Cloud
6. 2
7. Combo calls 2 Cloud - 8

Man Coverages

1. 2 Stick
2. 1 Mac Free (LB Free)
3. 1 Free (Saf Free)
4. Bracket Cov 1
5. Double Bracket (Red Area)

Man Coverages Adjustments

1. Bracket - Dbl Tech
2. Spout
3. Spout Out
4. Stick - Dbl Tech
5. Taxi Y or H Cov 1 - Dbl Tech

Void Dogs and Blitzes

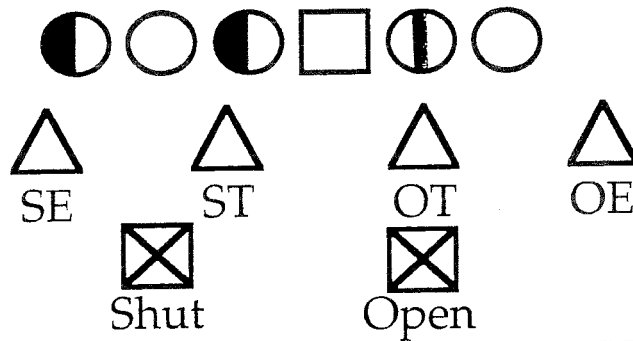
1. Nickel Tiger I Geronimo Void
2. Nickel Double Denver 2/3 Void
3. Nickel Strong Blitz - Strong Zone
Void
4. Nickel I Mixed Blast - Strong Zone
Void

Nickel Backer Dogs Cov 1

1. Single Backer Dogs
Open I - Shut I
2. Flow Dog ISX
3. Blast Deca Cov 1

Nickel Blitz Coverages

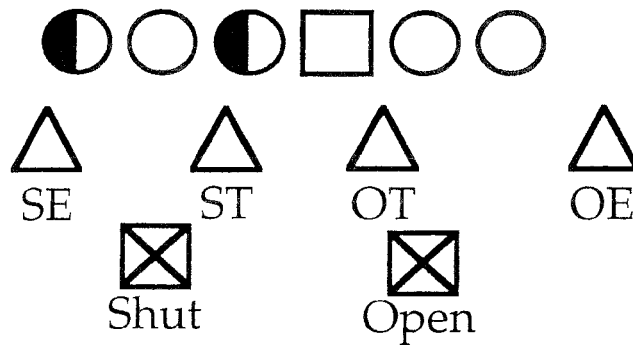
1. Nickel ISX Smash
2. Nickel Dog Free
3. Double Thunder Deca
4. Nickel Triple Blitz Deca



Position	Alignment	Key	Responsibility
Shut End	1. 9 Alignment vs TE 2. 8 Alignment with Sky Force	1. 9 - TE to ball 2. 8 - TE to OT	1. 9 Play to - D gap contain 2. 9 Play away - Squeeze C gap Trail 3. 8 Play to & away - 2 gap + disengage on ball
Shut Tackle	1. 3 Alignment 2. Possible 22 call vs wide splits	1. Guard to ball	1. Play to - B gap beat reach block 2. Play away - Redirect to ball. Squeeze A gap 3. Pass - 2 way go on Off Guard
Open Tackle	1. 2 Alignment (2 Gap)	1. Guard to ball	1. Play to - B gap 2. Play away - A gap 3. Pass - Bull rush upfield disengage to QB
Open End	1. Colt Alignment 2. Vs TE your side 7 Tech	1. Tackle 2. Near Back 3. Ball	1. Play to - C/D gap (possible Crash call) 2. Play away - Squeeze B gap trail. Be aware of Dorks 3. Pass - Constrict pocket
Mac (Open Side)	1. Stack behind weak DT	1. Center to Near Back & Flow	1. Play to TE - Inside out to ball, play off your DT - Tight Read = Cutback 2. Play to you - Tight read Stack. Wide read inside out to ball 3. Vs Center block back and under handoff - blitz trap quickly
Will (Shut Side)	1. DE 9 alignment - you align head up OT - 4 Tech. 2. DE 8 - you align in Stack (Sky)	1. 4 Align - OT to ball 2. Stack align - Near Back & Flow	1. 4 Align - Flow to C gap. Flow away - Stack A gap to ball 2. Stack Align - Sky Force - Tight read A gap. Wide read inside out to ball 3. Flow away - A gap to ball

Nickel/Dime 40 - Over Gap

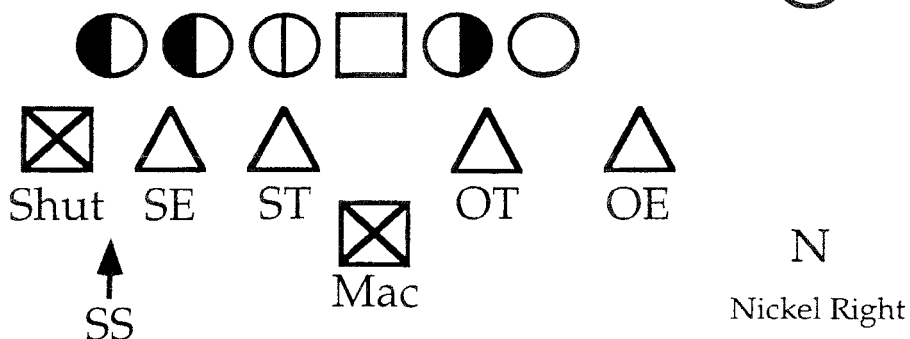
3



Position	Alignment	Key	Responsibility
Shut End	1. 9 Alignment vs TE 2. 8 Alignment with Sky Force	1. 9 - TE to ball 2. 8 - TE to OT	1. 9 Play to - D gap contain 2. 9 Play away - Squeeze C gap Trail 3. 8 Play to & away - 2 gap + disengage on ball
Shut Tackle	1. 3 Alignment 2. Possible 22 call vs wide splits	1. Guard to ball	1. Play to - B gap beat reach block 2. Play away - Redirect to ball. Squeeze A gap 3. Pass - 2 way go on Off Guard
Open Tackle	1. A Gap Alignment	1. Center to ball	1. Play to - A gap. Beat Centers reach 2. Play away - A gap 3. Pass - A gap
Open End	1. Colt Alignment	1. Tackle 2. Near Back 3. Ball	1. Play to - C/D gap (possible Crash call) 2. Play away - Squeeze B gap trail. Be aware of Dorks & Cutbacks 3. Pass - Constrict pocket
Mac (Open Side)	1. 2 Alignment on OG	1. Center to Near Back & Flow	1. Flow to - B gap 2. Flow away - Tight read B gap cutback. Wide read inside out to ball Draw - Fill off defensive tackle
Will (Shut Side)	1. DE 9 alignment - you align 4 off OT 2. DE 8 alignment - Stack behind DT	1. 4 Align - OT to ball 2. Stack align - Near Back & Flow	1. 4 Align - Flow to C gap. Flow away - A gap to ball 2. Stack Align - Sky Force - Tight read A gap. Wide read inside out to ball

Nickel Shade

4



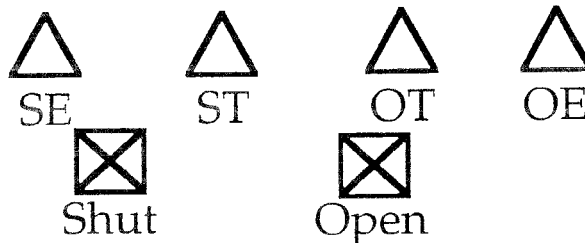
Position	Alignment	Key	Responsibility
Shut End	1. 6 Alignment	1. Tackle 2. Ball	1. Play to - C gap 2. Play away - Squeeze 3. Gap Trail
Shut Tackle	1. Def Tackles will shade to side of Nickel and must move if Nickel moves	1. Guard to ball	2 Tech 1. Play to - B gap 2. Play away - A gap 3. Pass - Bull rush upfield on QB. Disengage.
Open Tackle	1. Example above Nickel Rt RT = 3 Tech LT = 2 Tech	1. Guard to ball	3 Tech 1. Play to - B gap. Beat Reach block 2. Play away - Redirect to ball. Squeeze A gap 3. Pass - 2 way rush on Guard
Open End	1. Colt Alignment 2. Possible Crash call	1. Tackle 2. Near Back 3. 1st Lineman 4. Ball	1. Play to - C/D gap 2. Play away - Squeeze B gap trail. Be aware of Dorks 3. Pass - Contain rush. Constrict pocket
Shut LB	1. 9 Alignment	1. TE 2. Near Back 3. 1st Lineman	1. Play to - D gap contain 2. Play away - Trail. Squeeze C gap Pass - Play coverage called
Mac LB	1. 0 Alignment 3 1/2 yds off ball	1. Cneter 2. Near Back 3. Flow Read under & over handoffs	1. Know shade of Def Tackles for gap control. 2. Flow to - 3 Tech = A gap 3. Flow to - 2 Tech = 2 gap Center

Nickel/Dime 40 - Under

5



1. 1 Mac Free
2. Geronimo

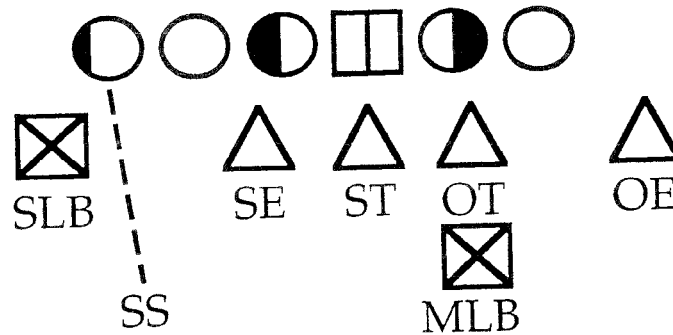


Position	Alignment	Key	Responsibility
Shut End	1. 7 Alignment - Inside eye of TE	1. TE 2. OT 3. Ball	1. Play to & away - C gap 2. Pass - Contain rush. Whip TE - don't get reached by OT
Shut Tackle	1. 1 Alignment	1. Guard 2. Center 3. Ball	1. Play to & away - A gap 2. Pass - A gap rush lane
Open Tackle	1. 3 Alignment	1. Guard to ball	1. Play to - B gap. Squeeze A gap 2. Play away - Redirect to ball 3. Pass - B gap
Open End	1. Colt Alignment	1. Tackle 2. Near Back 3. Ball	1. Play to - C/D gap (possible Crash call) 2. Play away - Trail. Think Cutback and Dork 3. Pass - Constrict pocket
Mac (Open Side)	1. Stack behind DT open side	1. Center to Near Back & Flow	1. Play to - Tight read A gap. Wide] read inside out to ball 2. Play away - A gap to ball
Will (Shut Side)	1. 4 Alignment over shut side OT	1. OT, Near Back & Flow	1. Play to - Stack & fill on ball 2. Play away - B gap to ball
SS	1. Sky Force alignment	1. TE 2. Near Back 3. Flow	1. Play to - Contain wide run or bounce your side - beat crack 2. Play away - Alert Cutback

Nickel Solid Shut I

6

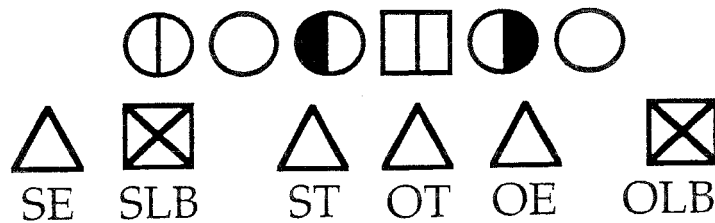
Cover 1



Position	Alignment	Key	Responsibility
Shut End	1. 3 Alignment 2. Alert - Sex Change or ISX call	1. Guard to ball	1. Play to - B gap, beat reach block 2. Play away - Squeeze A gap 3. Pass - B gap - get width
Shut Tackle	1. 0 Alignment 2. Alert - Sex change or ISX call	1. Center to ball	1. Play to - A gap 2. Play away - A gap 3. Pass - Bull rush Center and disengage to open side A gap
Open Tackle	1. 3 Alignment	1. Guard to ball	1. Play to - B gap, beat reach block 2. Play away - Squeeze A gap 3. Pass - B gap
Open End	1. Colt Alignment	1. Tackle 2. Near Back 3. Ball	1. Play to - C/D gap (possible Crash call) 2. Play away - Trail. Be aware of Dork and Cutback 3. Pass - Constrict pocket
Shut	1. 9 Alignment on TE 2. Colt Alignment vs no TE	1. TE 2. Near Back 3. 1st Lineman	1. Play to - Contain - control TE. Squeeze C gap. Do not run upfield and create inside seam 2. Play away - Trail. Alert Dork and Cutback
Mac	1. Stack behind DT your side **Note vs TE/4 spot in and out with SS	1. Near Back	1. Play to - C gap to ball 2. Play away - Cutback then inside out to ball
SS	1. Disguise then align on inside eye of TE 4-5 yds deep	1. TE 2. Flow	1. Play to - Fill inside of Shut LB C gap 2. Play away - Think Cutback then inside out to ball 3. Pass - Cover TE

Nickel/Dime Solid Bronco Open I

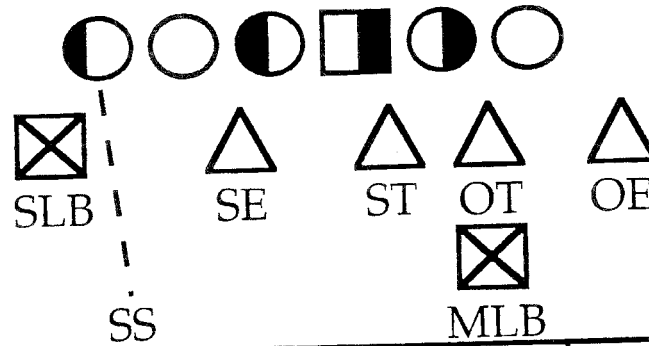
7



SS

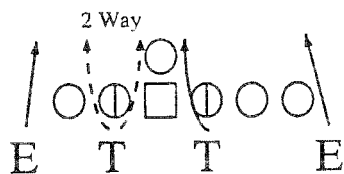
Position	Alignment	Key	Responsibility
Shut End	1. Bronco Alignment 2. Frisco call if TE blocks you on	1. TE 2. Tackle 3. Ball	1. Play to - D gap 2. Play away - Trail. Be alert for Dork and Cutback 3. Pass - Constrict pocket
Shut Tackle	1. 3 Alignment	1. Guard to ball	1. Play to - B gap, beat reach block 2. Play away - Squeeze A gap 3. Pass - B gap
Open Tackle	1. 0 Alignment	1. Center to ball	1. Play to - A gap 2. Play away - A gap 3. Pass - Bull rush Center and disengage to ball
Open End	1. 3 Alignment	1. Guard to ball	1. Play to - B gap, beat reach block 2. Play away - Squeeze A gap 3. Pass - B gap
Shut LB	1. 7 or 8 Alignment on TE	1. TE 2. OT 3. Near Back	1. Play to - Two gap TE disengage on ball 2. Play away - C gap whip TE run or pass
Open LB	1. Align 1 1/2 yds outside OT	1. OT 2. HB 3. 1st Lineman	1. Play to - C gap - contain 2. Play away - Trail - alert Dork and Cutback
SS	1. Align head up back in backfield	1. Remaining Back	1. Play inside out to ball - Alert Cutback

Solid Shut I Gap Flush

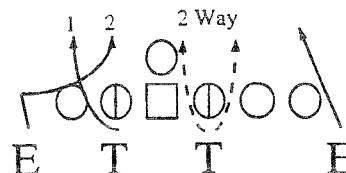


Position	Alignment	Key	Responsibility
Shut End	1. 3 Alignment	1. Guard to ball	1. Play to - B gap, beat hook block 2. Play away - Squeeze A gap 3. Pass - B gap - get width
Shut Tackle	1. Shade Alignment 2. Alert Flush call	1. Center, Guard to ball	1. Play to - A gap 2. Play away - A gap. 3. Pass - A gap
Open Tackle	1. 3 Alignment 2. Alert Flush call	1. Guard to ball	1. Play to - B gap, beat hook block 2. Play away - A gap 3. Pass - Contain C gap
Open End	1. Colt Alignment 2. Alert Flush call	1. Tackle to ball	1. Play to - C gap 2. Play away - Shut side A gap 3. Pass - Shut side A gap
Shut LB	1. 9 Alignment on TE 2. Colt Alignment vs No TE	1. Tight End 2. Near Back 3. 1st Linemen	1. Play to - Contain. Control TE. Squeeze C gap. Do not run upfield and create inside Seam. 2. Play away - Trail. Alert Dork and Cutback
Mac LB	1. Stack behind DT your side. *Note: vs TE/4 Spot in and out with SS	1. Near Back	1. Play to - C gap to ball 2. Play away - Cutback then inside out to ball
SS	1. Disguise then align on inside eye of TE 4-5 yds deep	1. TE 2. Flow	1. Play to - Fill inside of Shut LB C gap 2. Play away - Think Cutback then inside out to ball 3. Pass - Cover TE

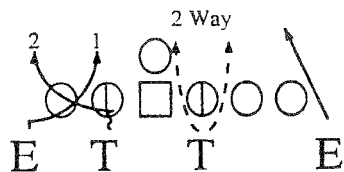
Nickel-Dime Games

Go (Ringo-Lucky)

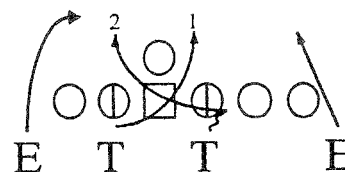
Lucky call - CP - Ringo-Lucky call will be based on protection scheme by game plan.

Tex (Ringo-Lucky)

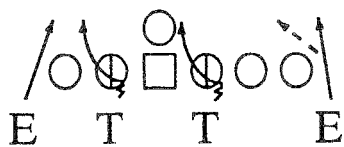
Lucky call

Exit (Ringo-Lucky)

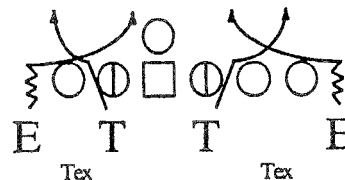
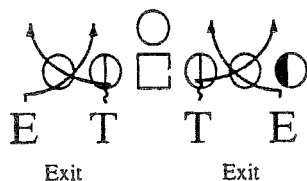
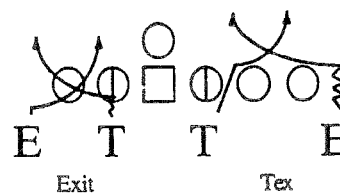
Lucky call

Tom (Ringo-Lucky)

Lucky call

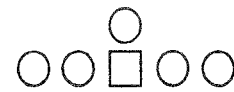
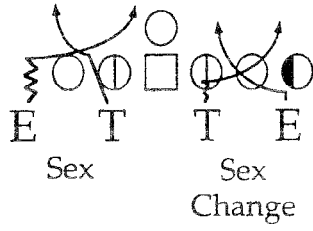
Slant (Ringo-Lucky)

CP - Make call away from Tight End. End has option to come under Tight End.

Texas (Dbl Tex)El Paso (Dbl Exit)Tempe (Call to Shut Side)

Raider call

Elko (Call to Shut Side)

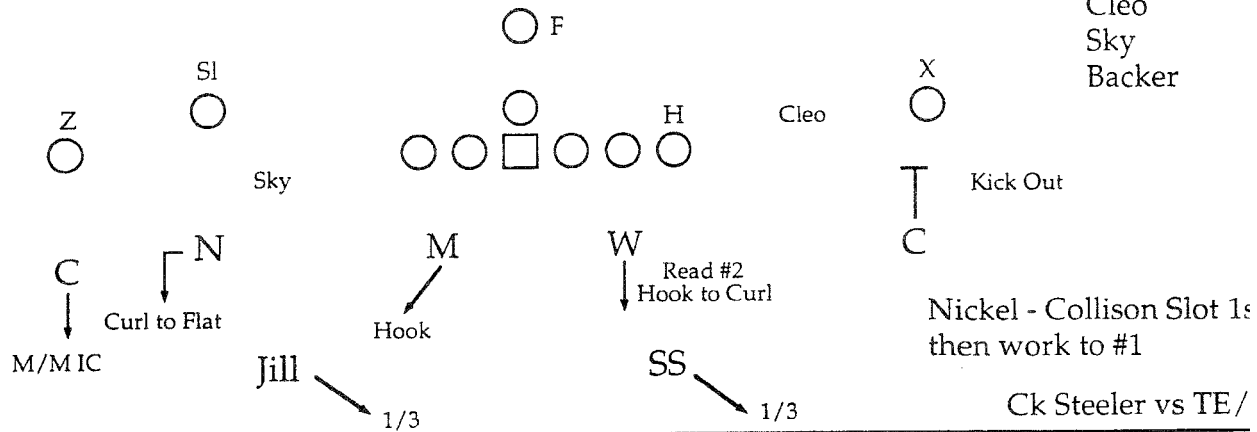


Nickel - Geronimo

(N-Anchor)¹

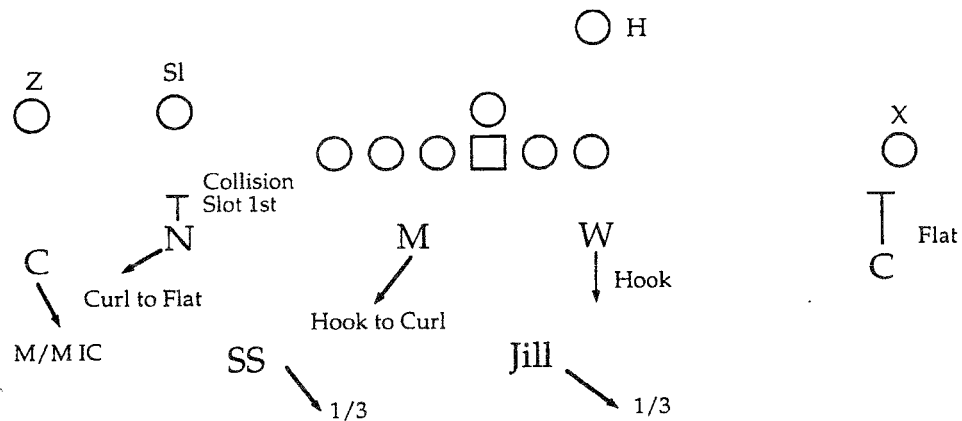
Poppy Slot Lt
(Raider)

Cleo
Sky
Backer



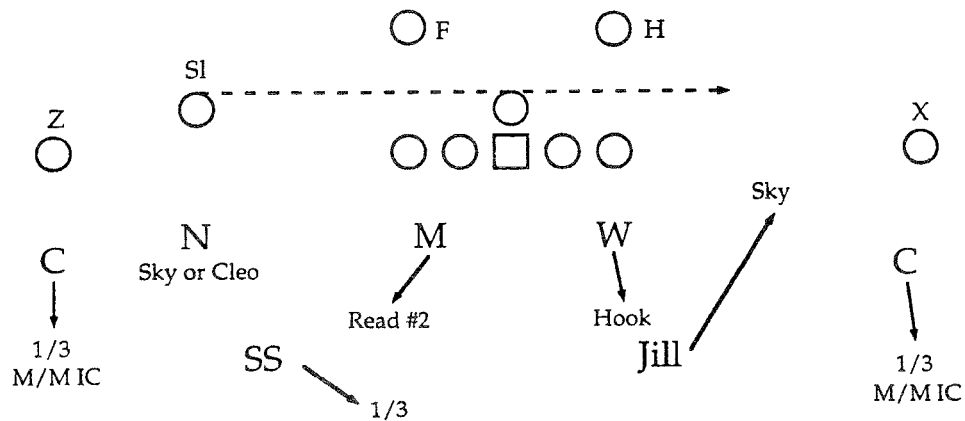
Poppy Trips Lt
(Lion)

Cleo



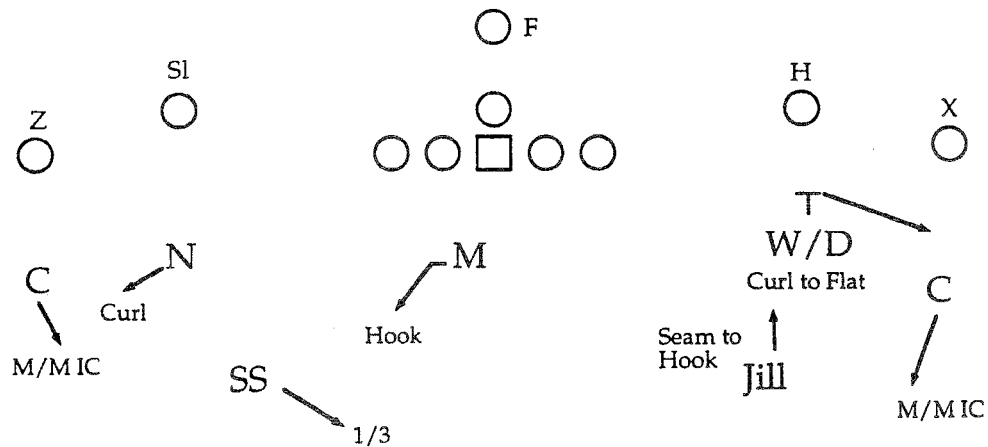
Pro Lt
(Lion)

Sky



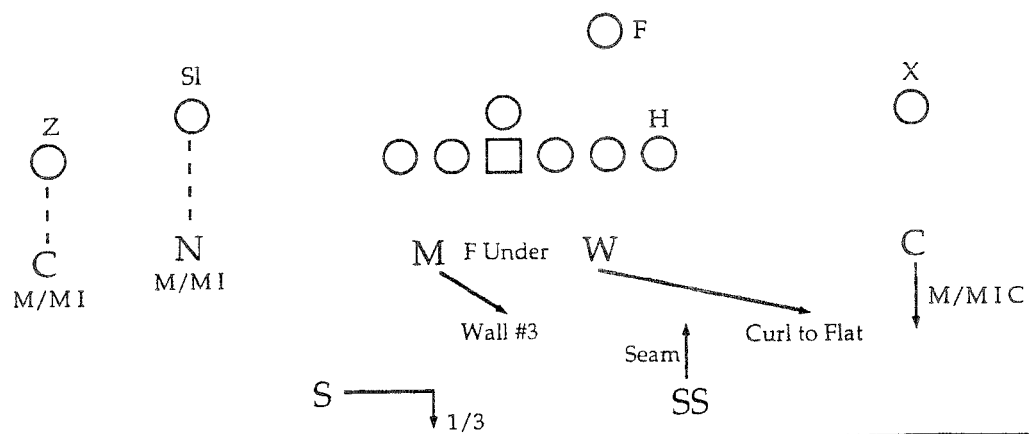
4 Wides

D = Backer
N = Sky



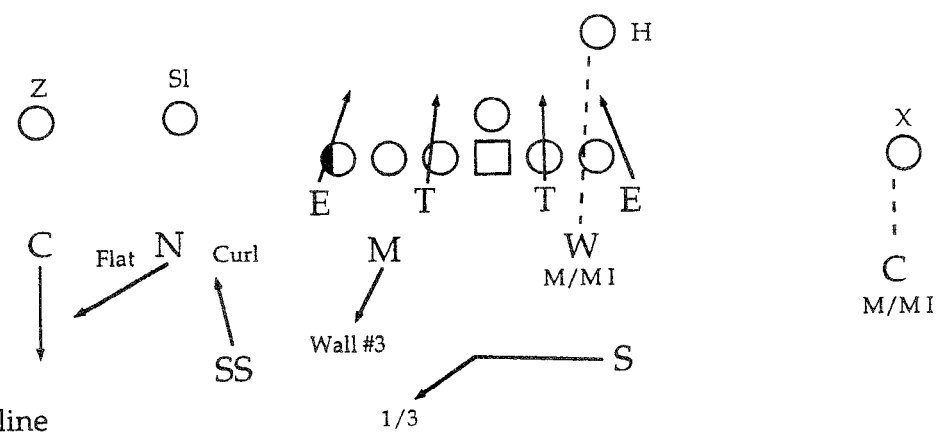
Poppy Slot Lt
(Raider)

Steeler R



Poppy Trips Lt
(Lion)

Steeler Lt

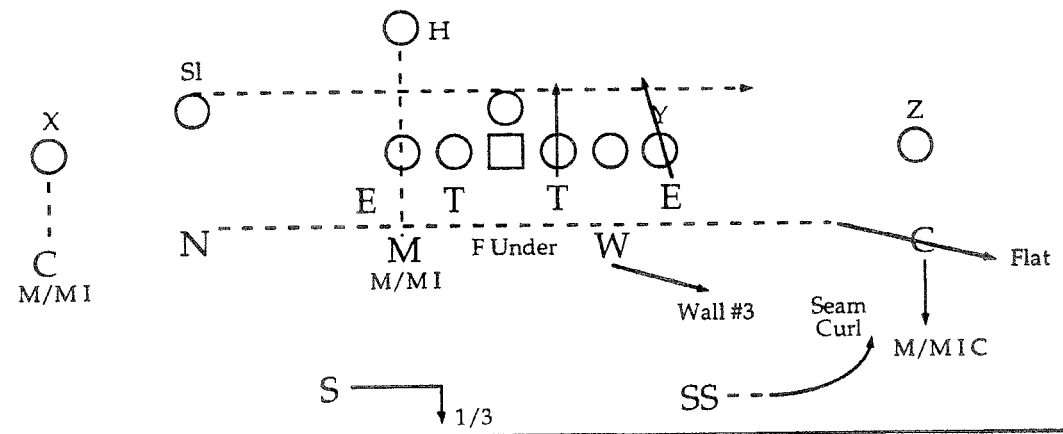


Nickel - Zip sideline

Safety - Alert Dbl I

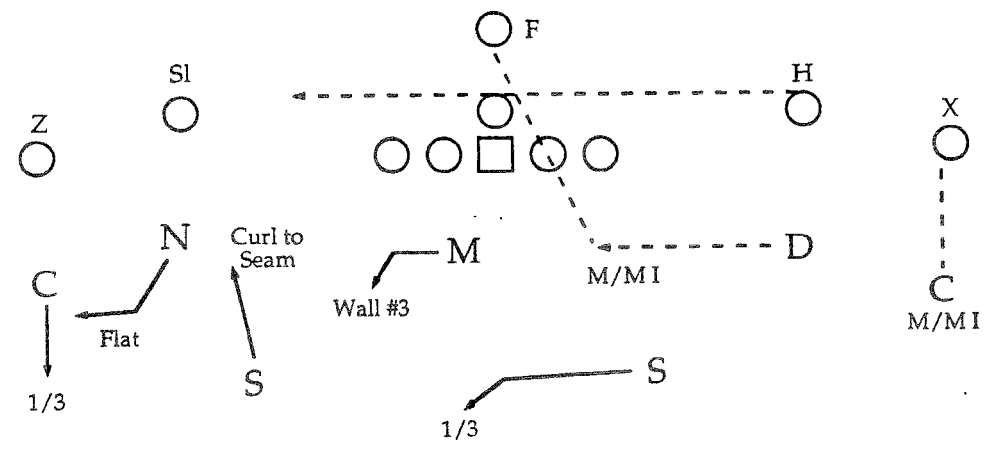
Poppy Lt
(Raider)

Steeler R



4 Wides
(Lion)

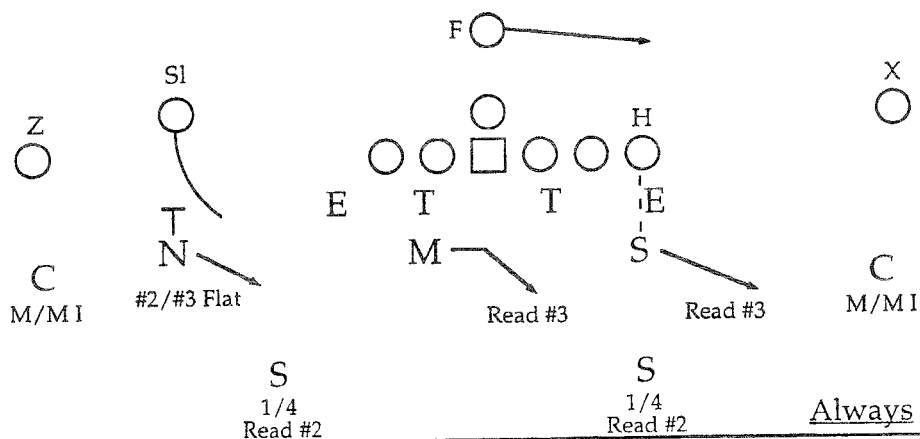
Steeler Lt



Nickel Cover 8

Poppy Slot Lt
(Raider)

Cover 8

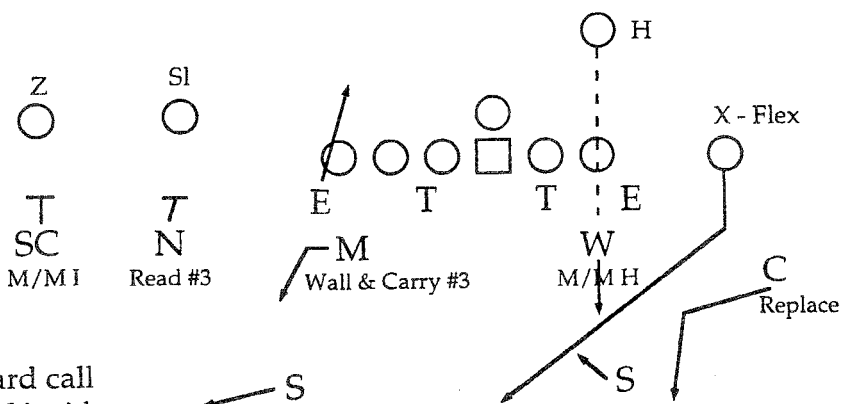


N - Collision #2

Always - Collision #2 receiver

Poppy Trips Lt
(Lion)

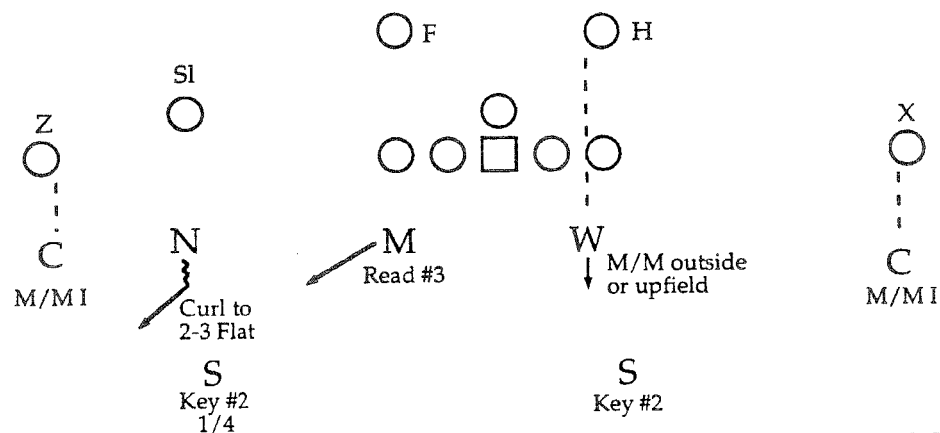
Jump Call
If Jump call is made vs Trips Mac has to run with #3 (No Flow call)

Nickel -
Close with
Dbl In

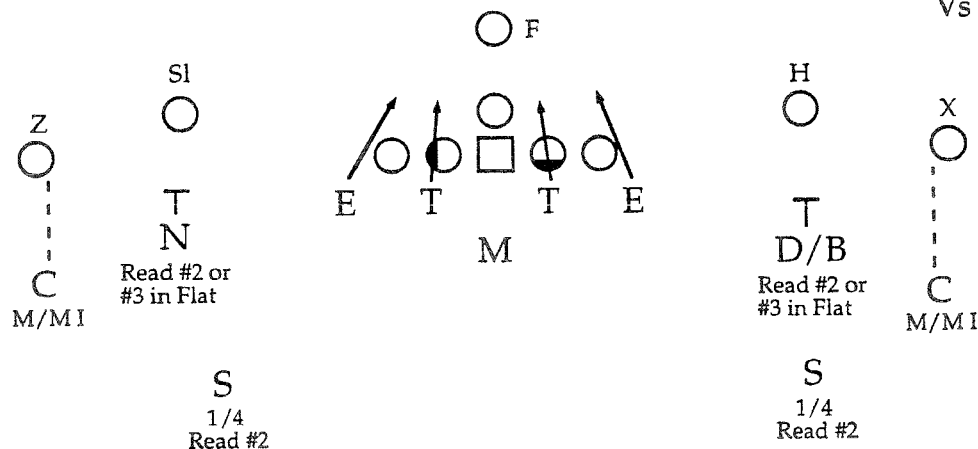
With Jump or Hard call
C cover #1 M/M inside

Pro Lt
(Lion)

Cover 8

4 Wides
(Lion)

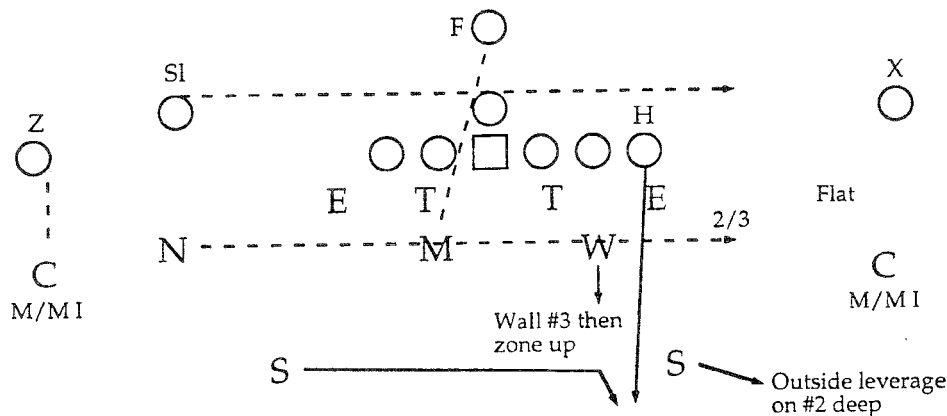
Vs Trips Check Flow



Nickel Cover 8 - (Flow Adj to Trips)

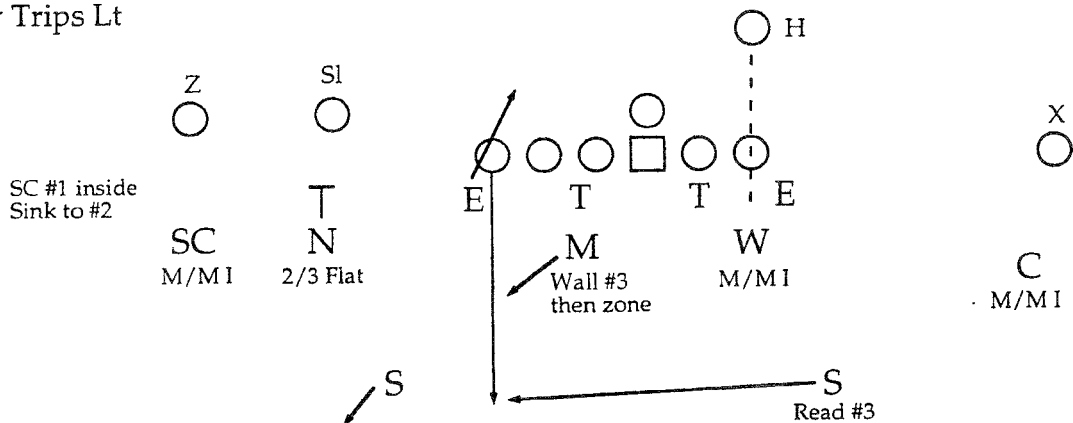
Poppy Slot Lt
(Raider)

Ck Flow



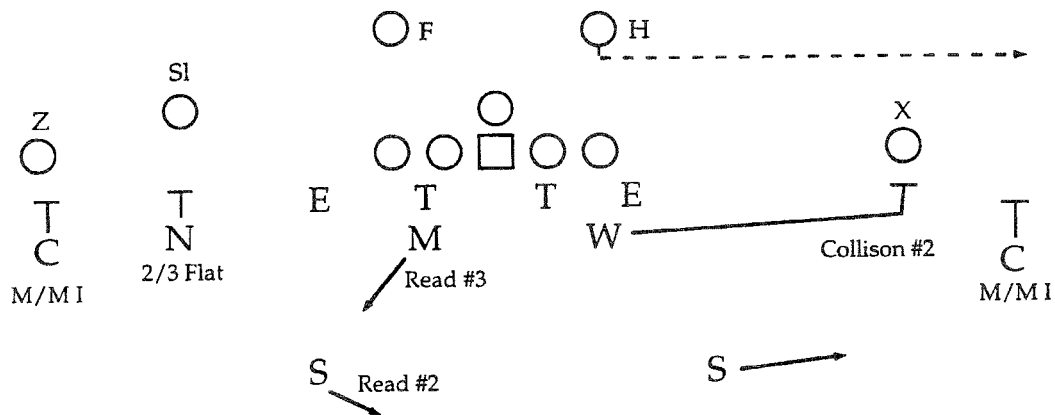
Poppy Trips Lt
(Lion)

Ck Flow



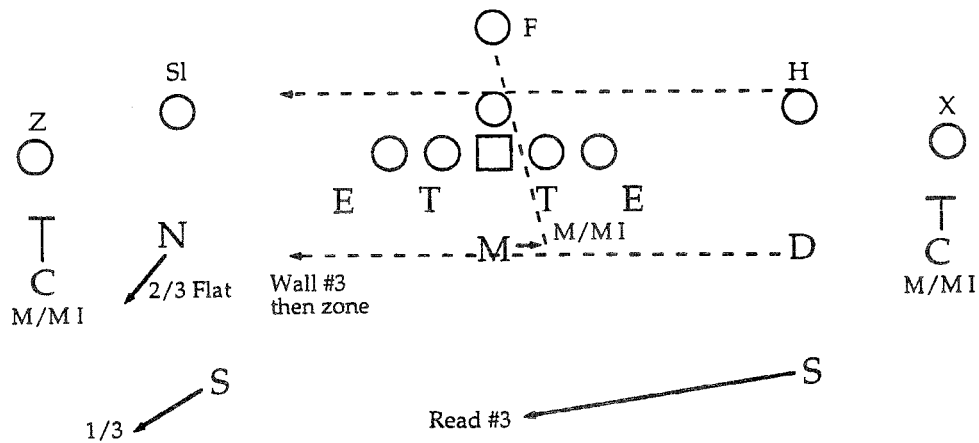
Pro Lt
(Lion)

Play 8



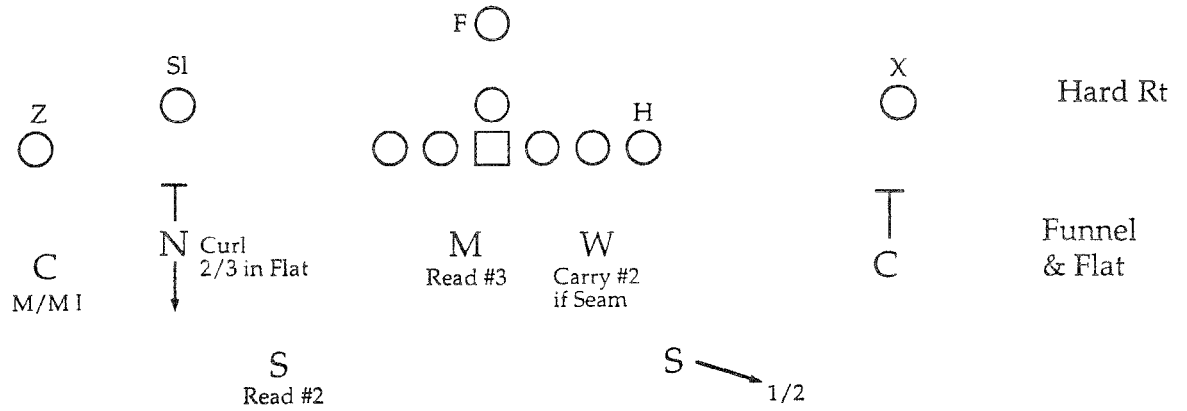
4 Wides
(Lion)

Ck Flow

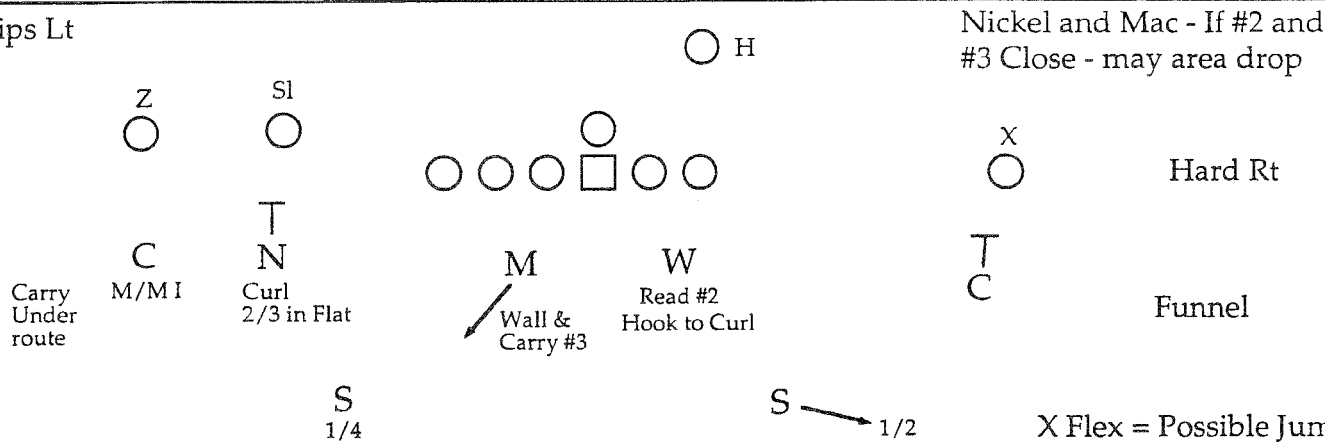


Nickel/Dime 8 Hard (Play It)

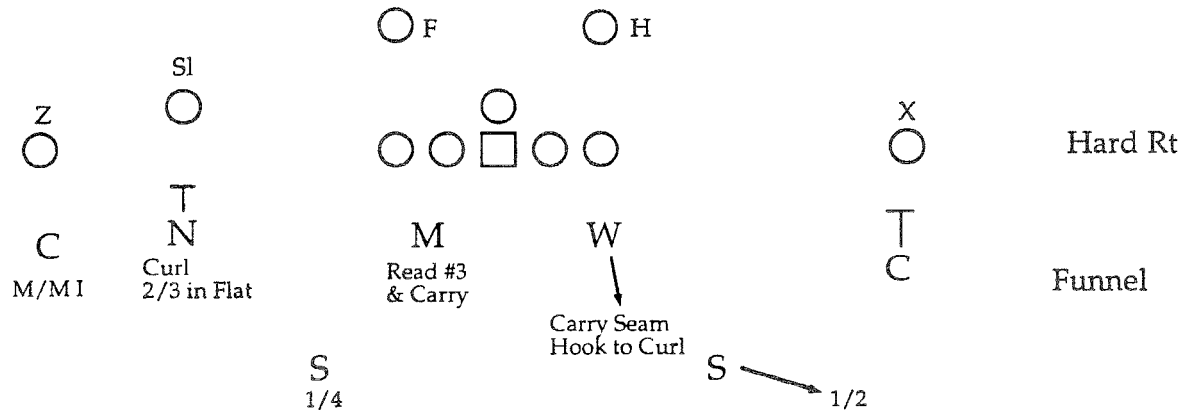
Poppy Slot Lt
(Raider)



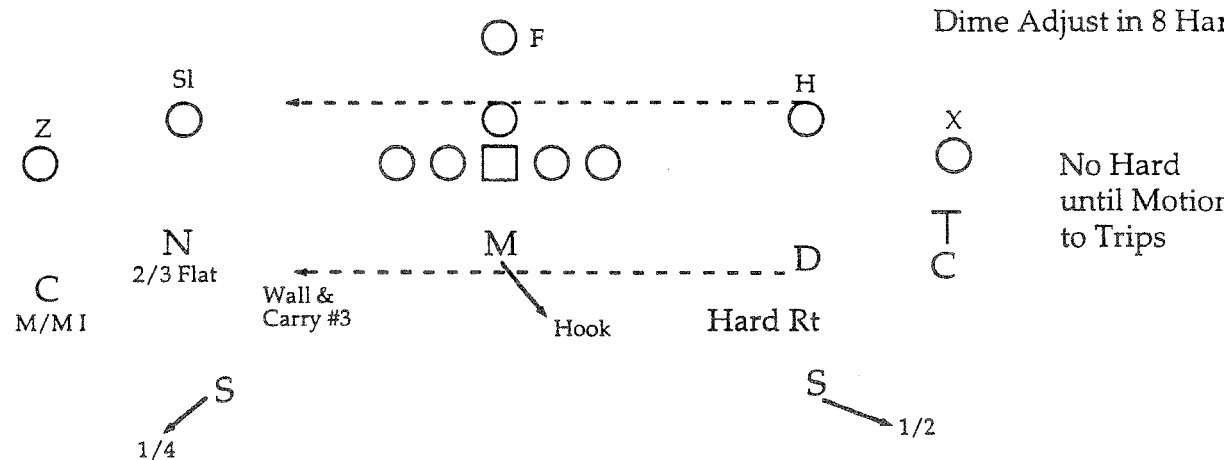
Poppy Trips Lt
(Lion)



Pro Lt
(Lion)



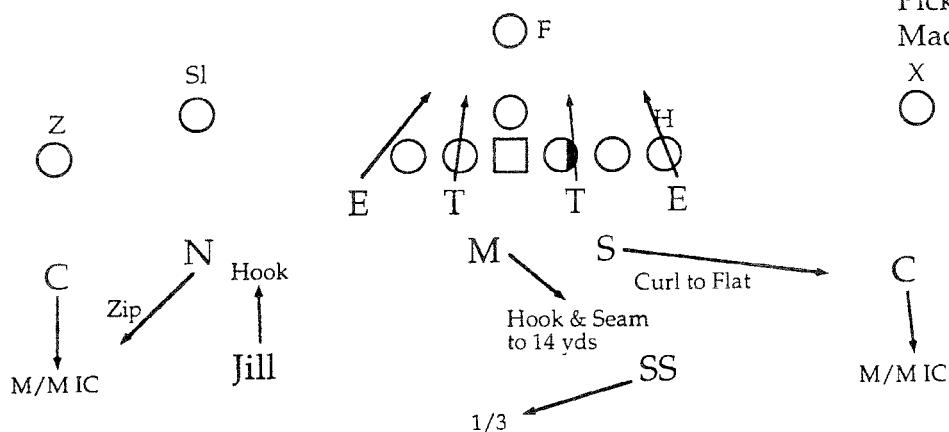
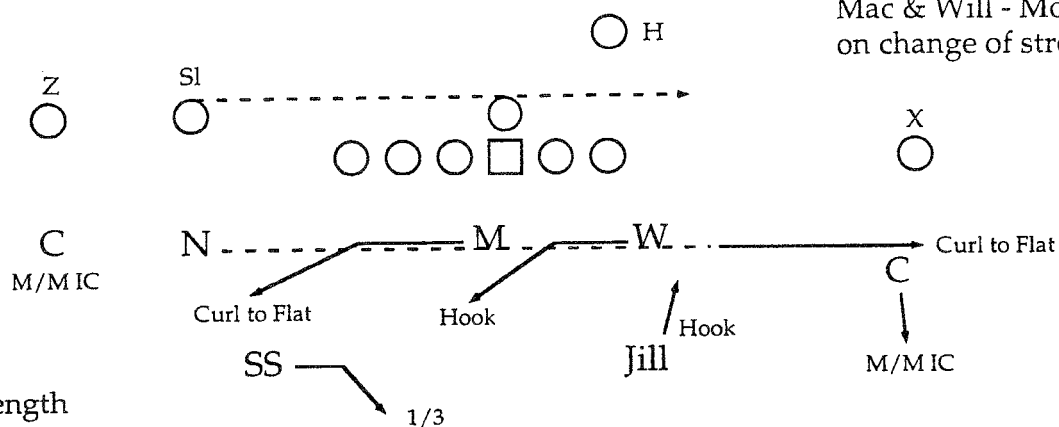
4 Wides
(Lion)



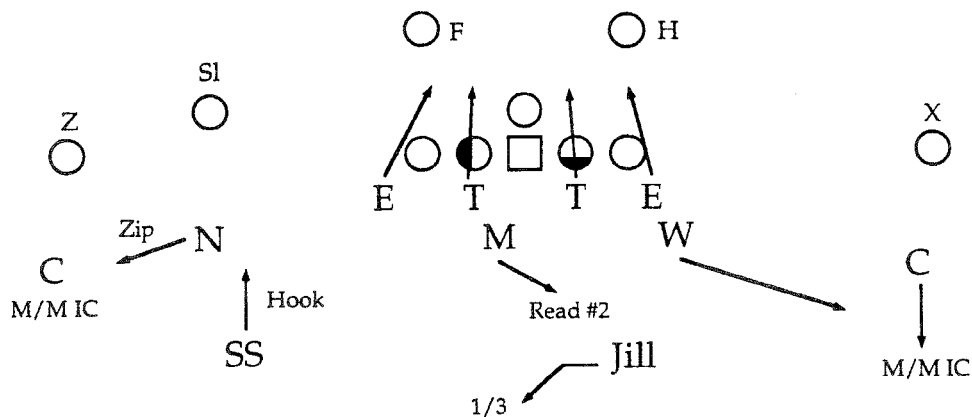
Nickel Strong Zone

Poppy Slot Lt
(Raider)Pick up Jill in run support
Mac key Center

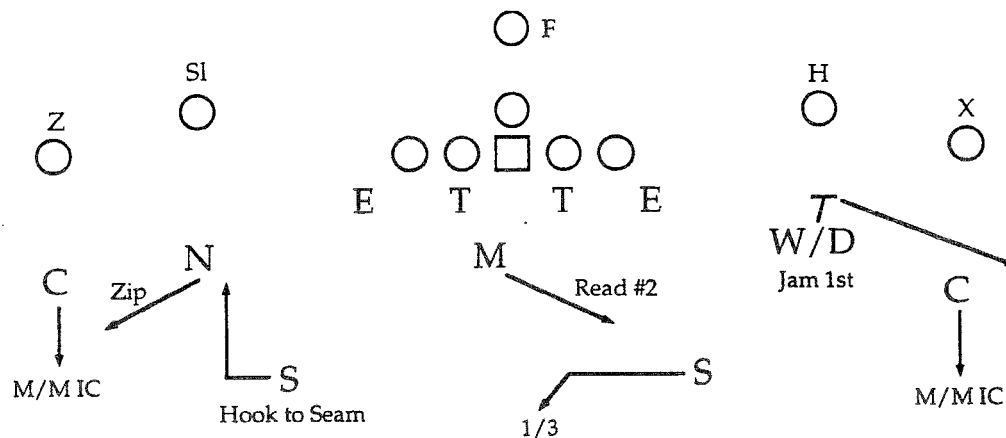
"Lou"

Poppy Trips Lt
(Lion)Mac & Will - Move alignment
on change of strengthLB's Slide
vs change of strengthPro Lt
(Lion)

Lou

4 Wides
(Lion)

Lou



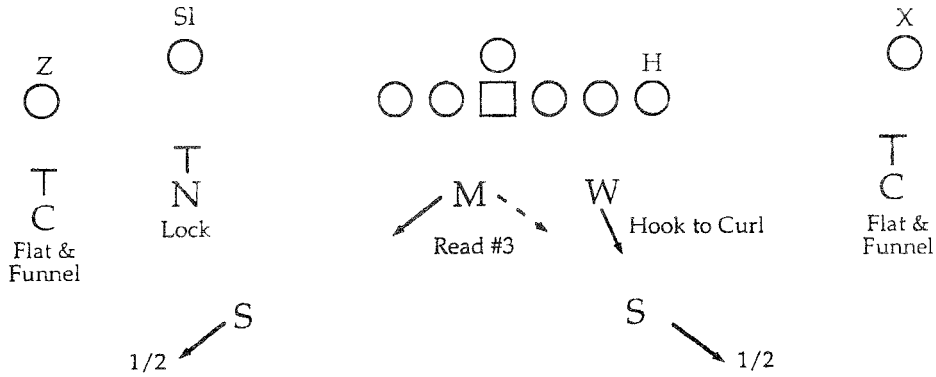
Nickel 2 Cloud

7

Poppy Slot Lt
(Raider)

Can check 2 if #2 weak is a threat

Nickel - Lock
Align soft &
inside

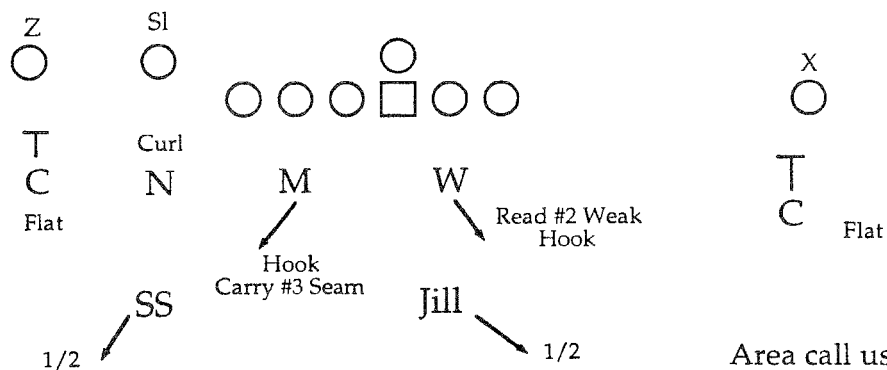


Poppy Trips Lt
(Lion)

Jill - May check Flow vs Trips

Game Plan Adj

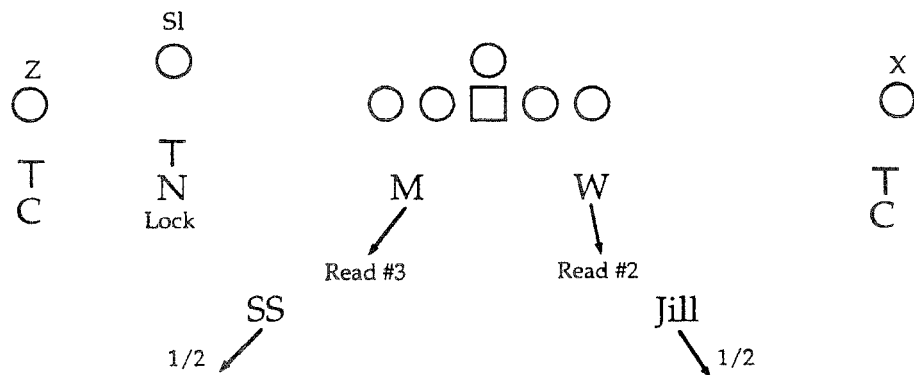
Nickel
Area Call



Area call usually vs tight split

Pro Lt
(Lion)

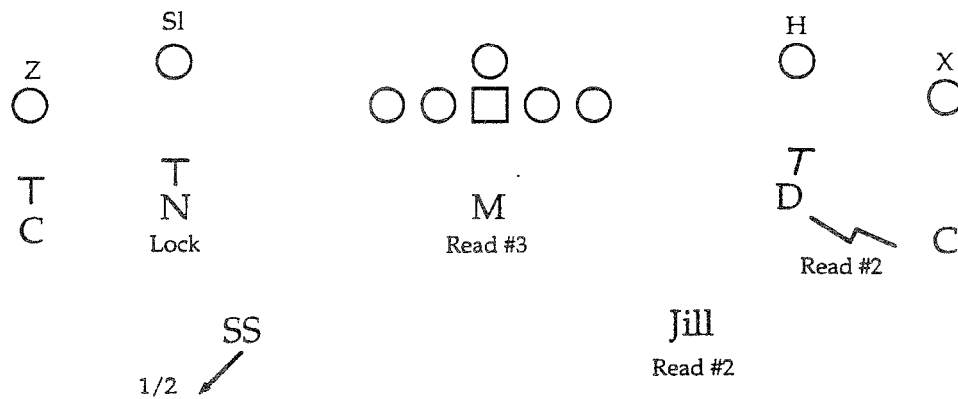
CB's Flat & Flat & Up



4 Wides

Check 2

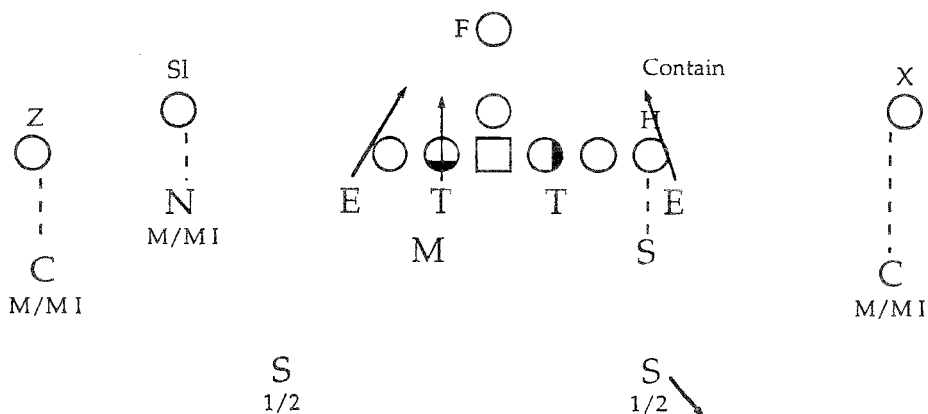
2 Cloud



Nickel 2 Stick

Poppy Slot Lt
(Raider)

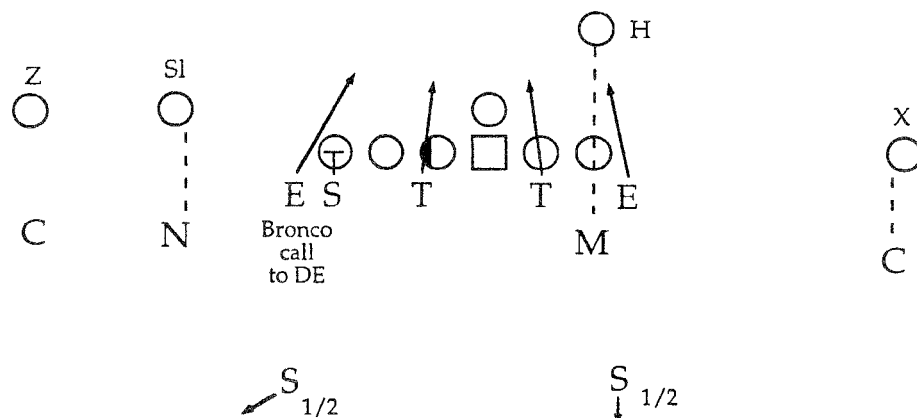
Avoid Picks



DE - Contain
No stunts
with 2 Stick

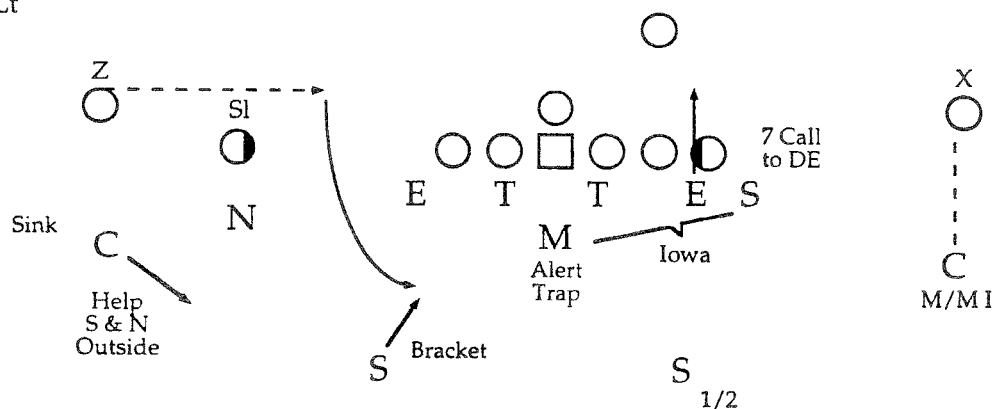
WR Motion =
Bracket

Poppy Trips Lt
(Lion)



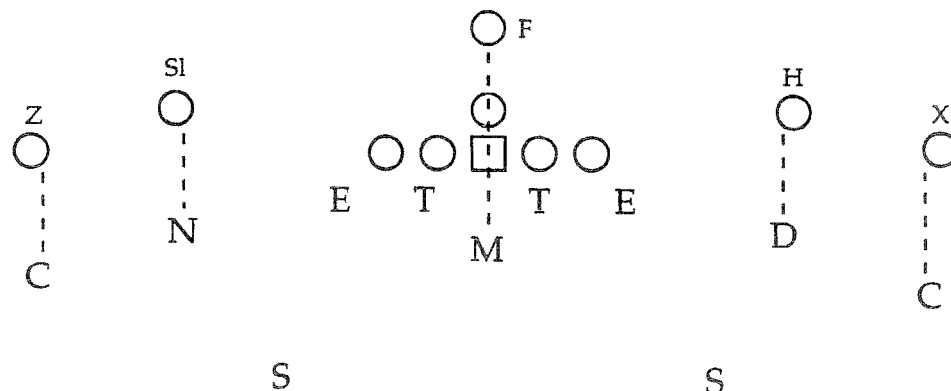
Safeties key run on read steps

Poppy Flop Lt
(Raider)



Safety Bracket
motion your
side

4 Wides
(Lion)



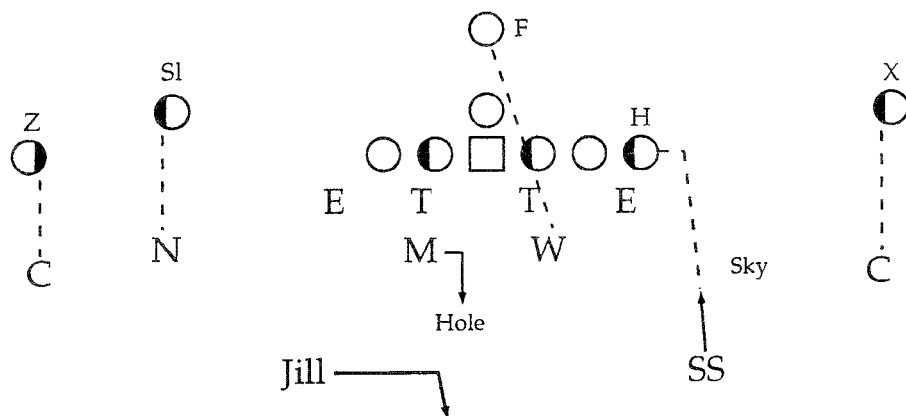
Slot or H Motion = Bracket

Must play excellent M/M I Tech

Nickel Under 1 Mac Free

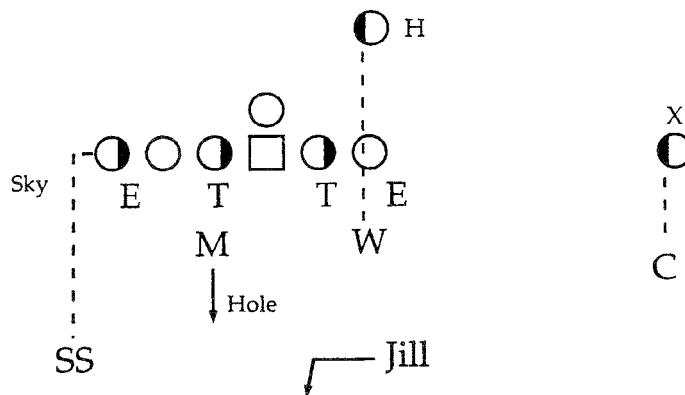
Poppy Slot Lt
(Raider)

TE/4 = In & Ou
for Will & SS



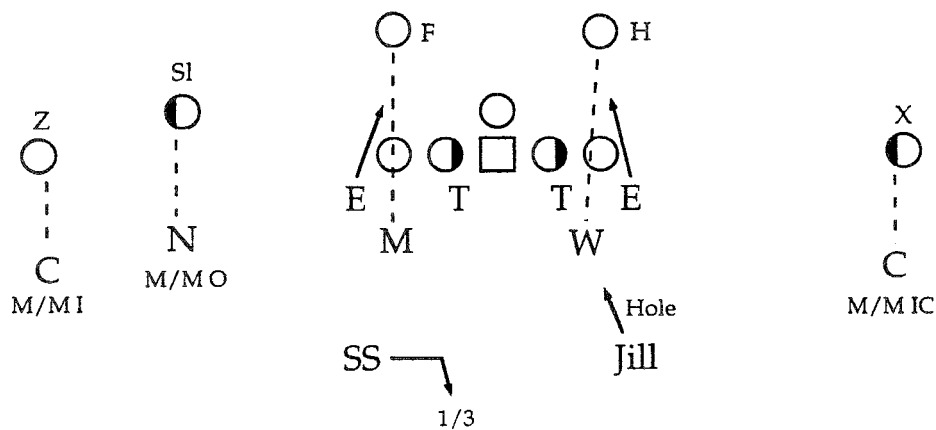
Mac - Slot - 1st Under
Bracket WR motion

Poppy Trips Lt
(Lion)



Pro Lt
(Lion)

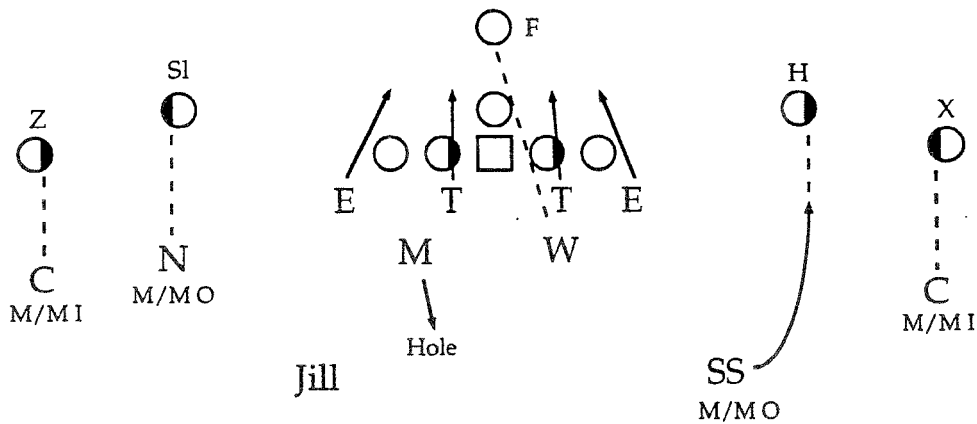
Check 1 Free



Jill - Slot - 1st Under
Bracket WR motion

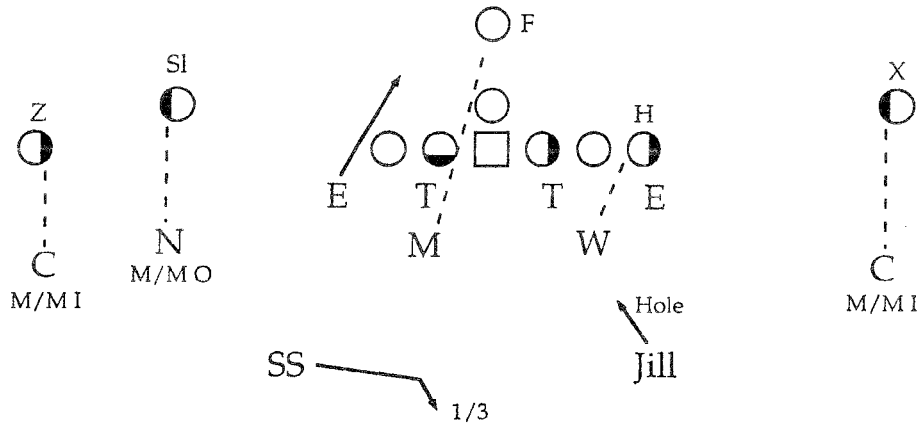
4 Wides
(Lion)

Mac Free



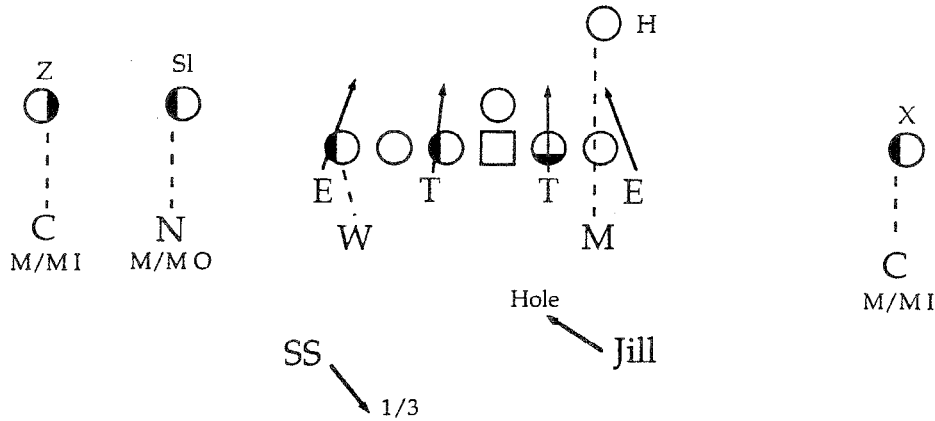
N - SS/N Be prepared to help on inside crossing routes if your man is picked up by Mac

Poppy Slot Lt
(Raider)

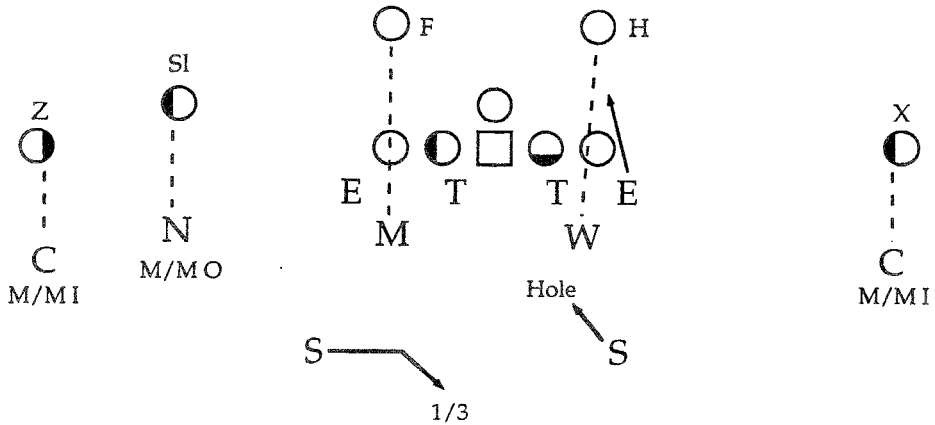


Jill - Slot - Hole
Bracket WR Motior

Poppy Trips Lt
(Lion)



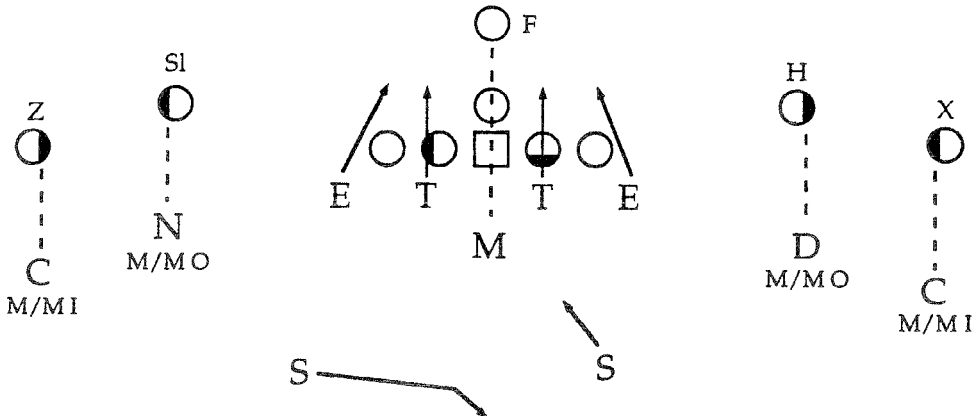
Pro Lt
(Lion)



LB's match up

4 Wides
(Lion)

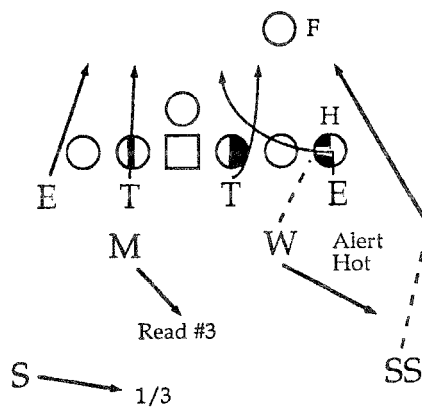
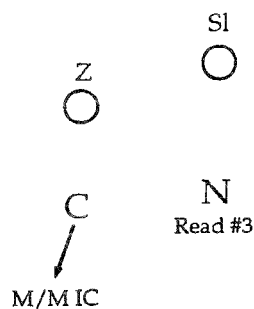
Dime 1 Free



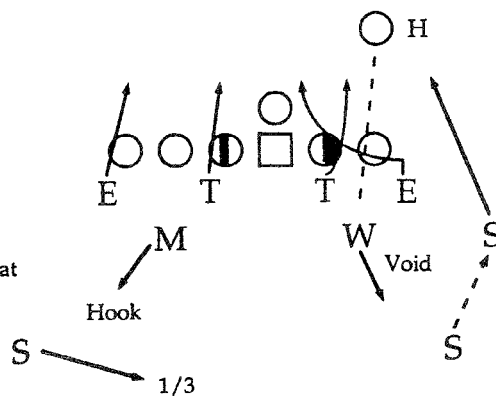
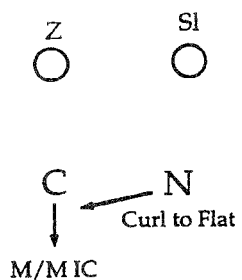
N & D - Free up on short crossing routes only if Saf Brackets your man

Nickel/Dime Tiger I

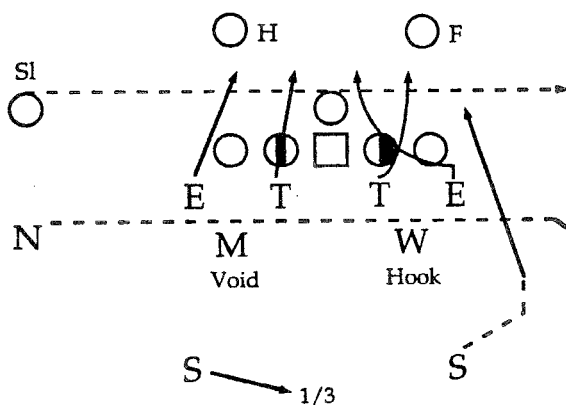
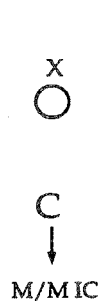
Geronimo Void Anchor

Poppy Slot Lt
(Raider)Tiger Eye = Safety or Dime
away from NickelX
ON - Mac - W
Read #3
Play like Cov 8C
M/MIC

Tiger Rt

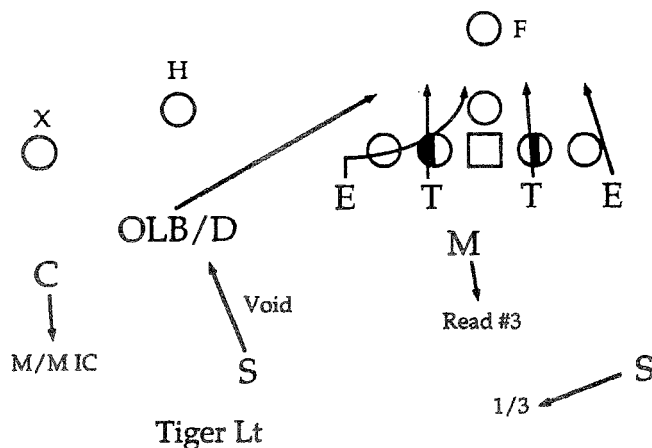
Poppy Trips Lt
(Lion)Voids - Nickel has to adjust
with change of strengthX
O
C
M/MIC

Tiger Rt

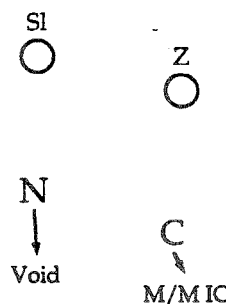
Poppy Lt
(Raider)Tiger Lt or Rt tells Def Line
where stunt isZ
O
C
M/MIC

Tiger Rt

4 Wides



Tiger Lt

N
VoidC
M/MIC

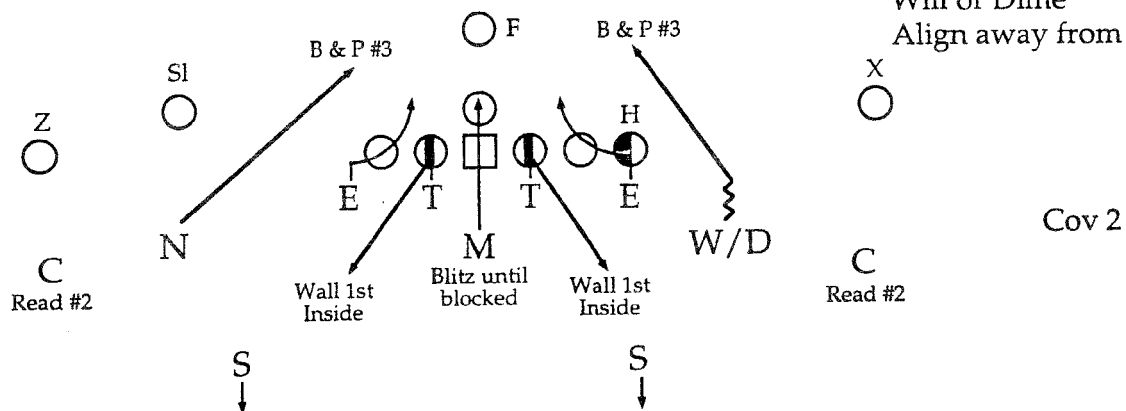
N/D Double Denver 2/3 Void Rules

- DE's - Get upfield then rush inside offensive tackles. Flush QB.
- DT's - Engage offensive guard then drop and wall 1st inside receiver your side. If receiver comes across real short - yell cross and get depth.
- Mac - Blitz until blocked. Be aggressive. If blocked look for screen, check down, QB scramble.
- Nickel -
1. Cov 2 - Blitz and peel on #3.
 2. Vs Trips - Lou/Rose to your side. Blitz
 3. Vs Trips - Ghost - Cover #3 your side.
- Will LB/
Dime
1. Cov 2 - Blitz and peel on #3.
 2. Vs Trips away - Blitz and peel remaining back. #2
 3. Vs Trips - Ghost - (Cov 2) blitz.
- C's & Saf - Vs Normal Formations - Play Cov 2.
Vs Trips - Play Lou/Rose to Trips.
Vs Trips - Ghost - Eliminate 3 Strong and play Cov 2 with other 4 receivers.

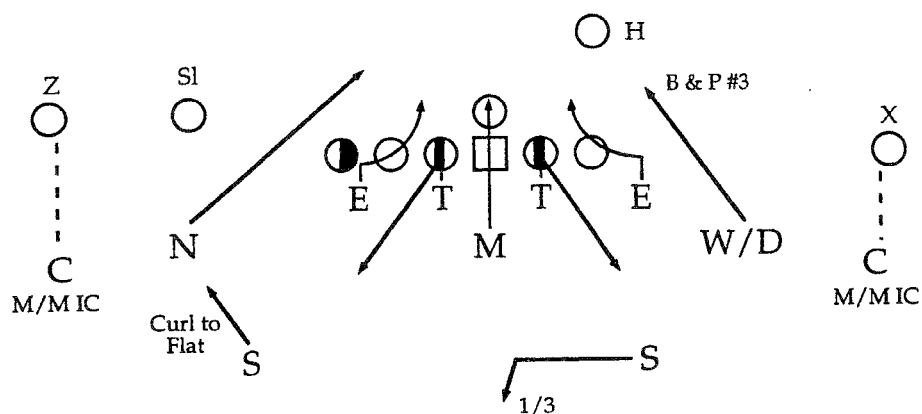
Nickel Double Denver 2/3 Void

Poppy Slot Lt
(Raider)

Will or Dime
Align away from Nickle

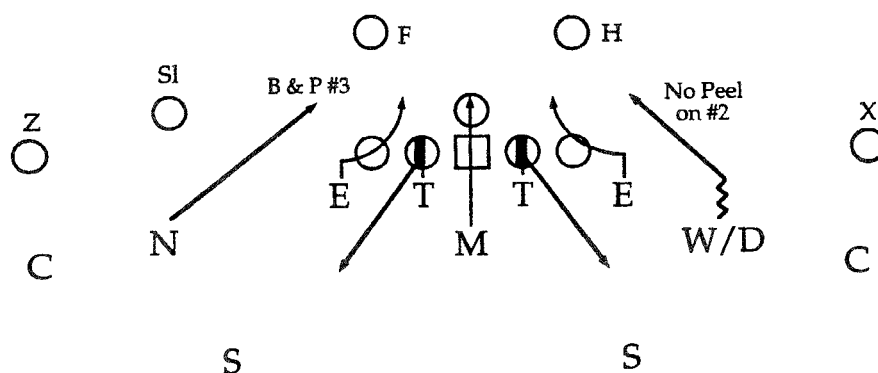


Poppy Trips Lt
(Lion)

Ck Lou

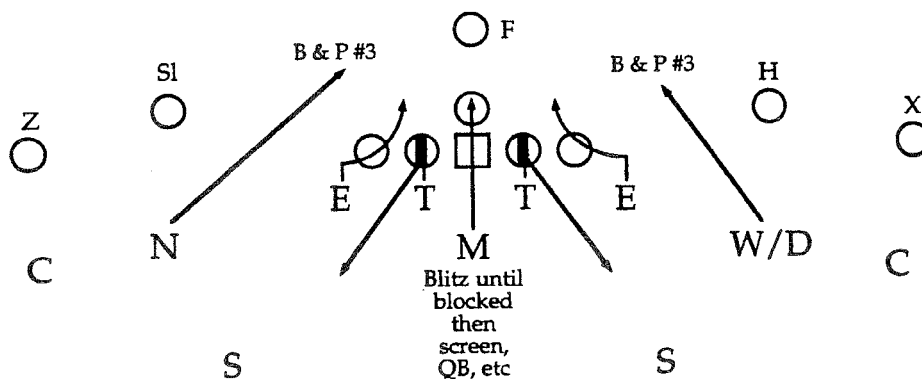
Pro Lt
(Lion)

Cover 2



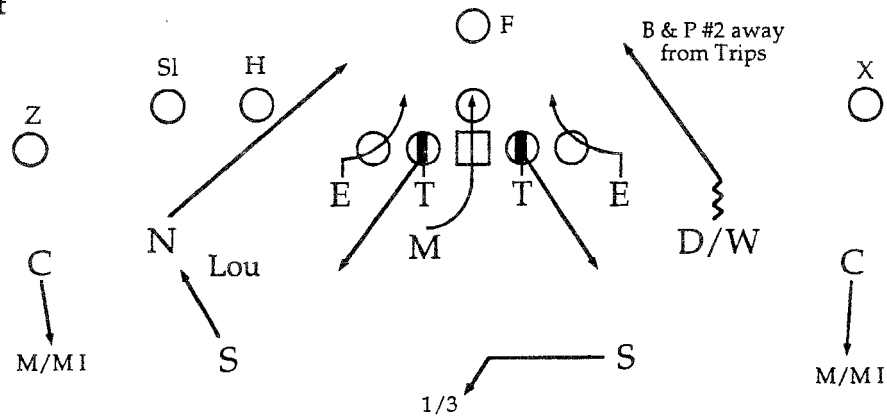
4 Wides
(Lion)

Cover 2



Nickel Double Denver 2/3 Void (cont)

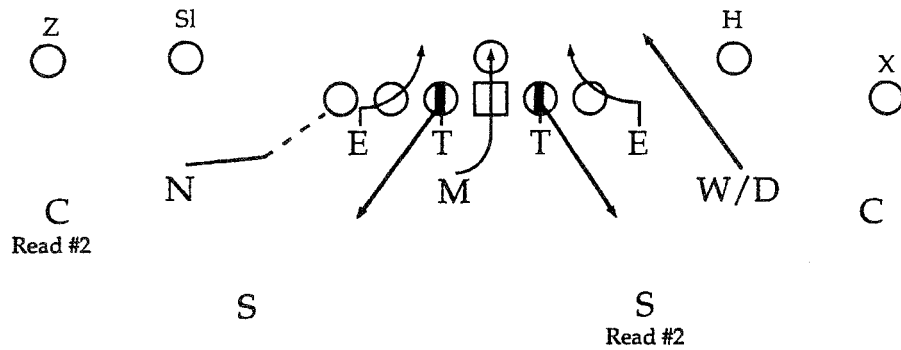
4 Wides Trips Left



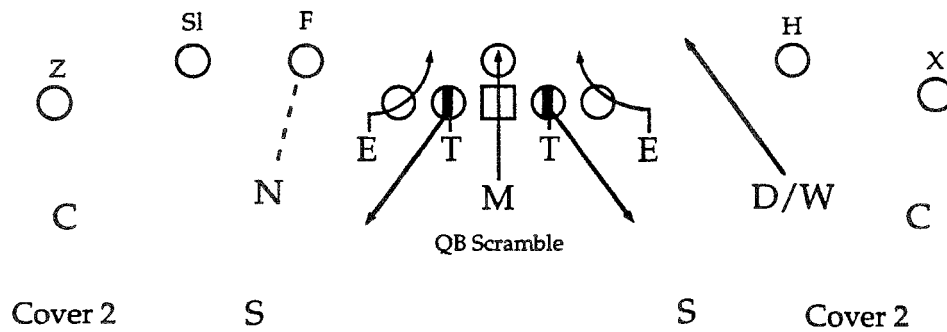
Poppy Trips Lt Ghost (Lion)

Vs 5 receiver out look - N cover #3 - Ck Cover 2

Cover 2



5 Wides



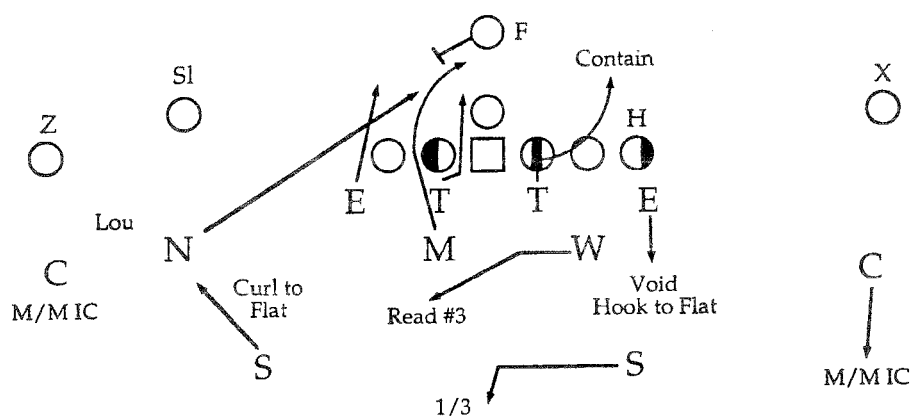
Nickel Strong Blitz - Strong Zone Void

Poppy Slot Lt
(Raider)

Nickel Blitz inside DE
if to Open End side

Nickel Lt

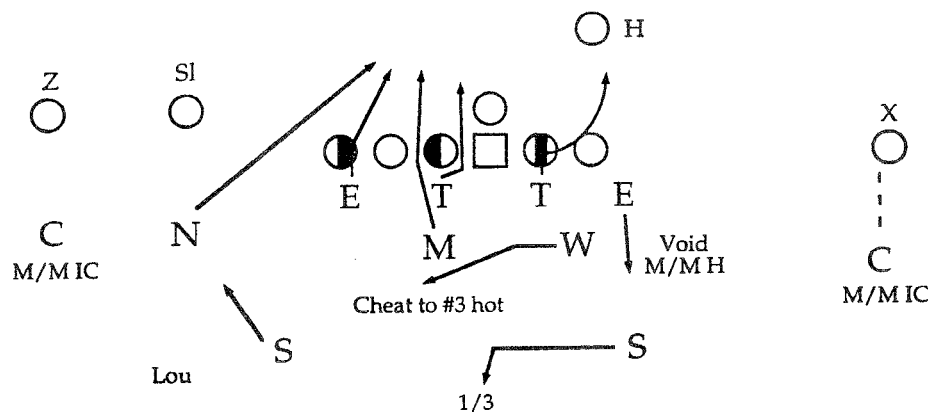
Mac go inside
back on rush



Poppy Trips Lt
(Lion)

Nickel Blitz outside
if to TE side

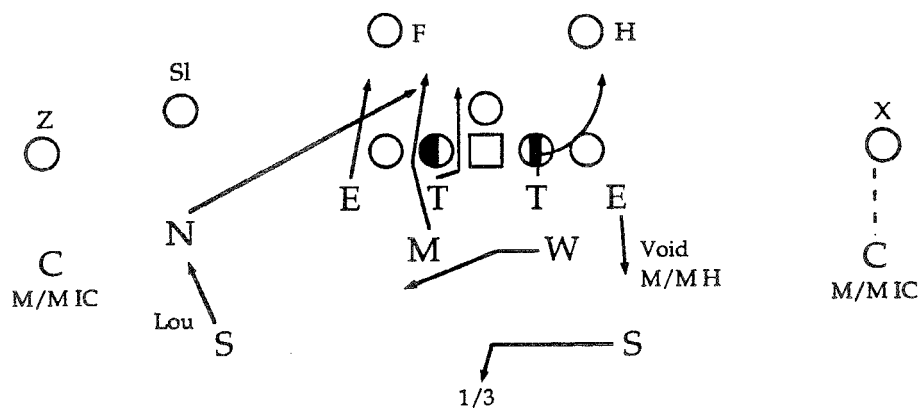
Nickel Lt



Pro Lt
(Lion)

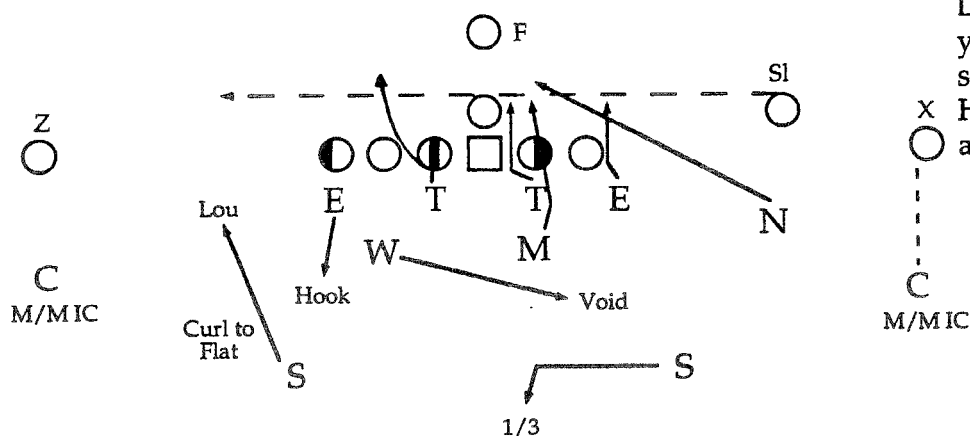
Vs Slot motion run
it Ck Lou to Rose

Nickel Lt



4 Wides

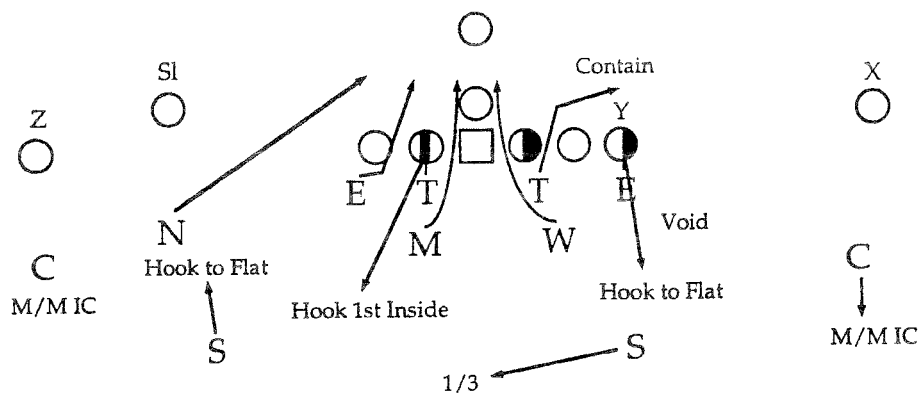
DE - If motion puts
you to Lou/Rose
side you are now a
Hook defender not
a Void defender



Nickel I Mixed Blast - Strong Void Zone

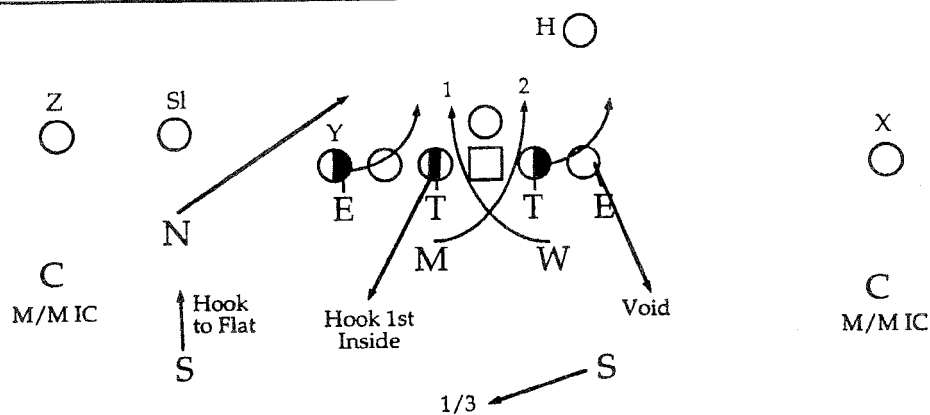
Poppy Slot Lt
(Raider)DE's - Call away
Void drop, call to
Hook drop

Lou

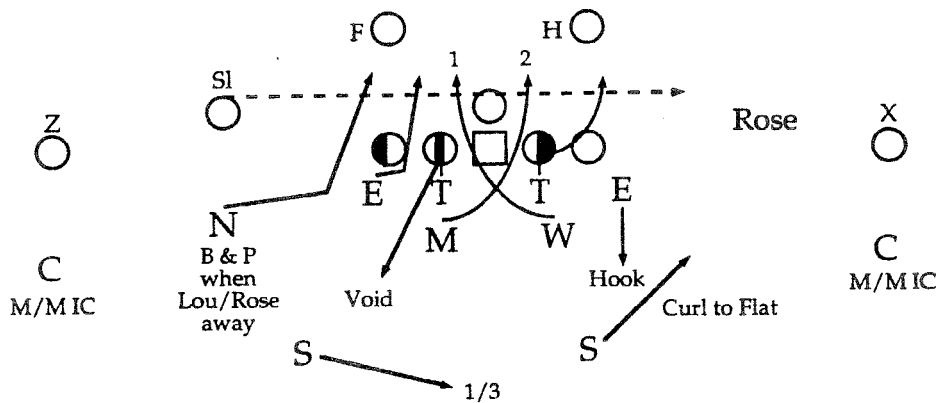
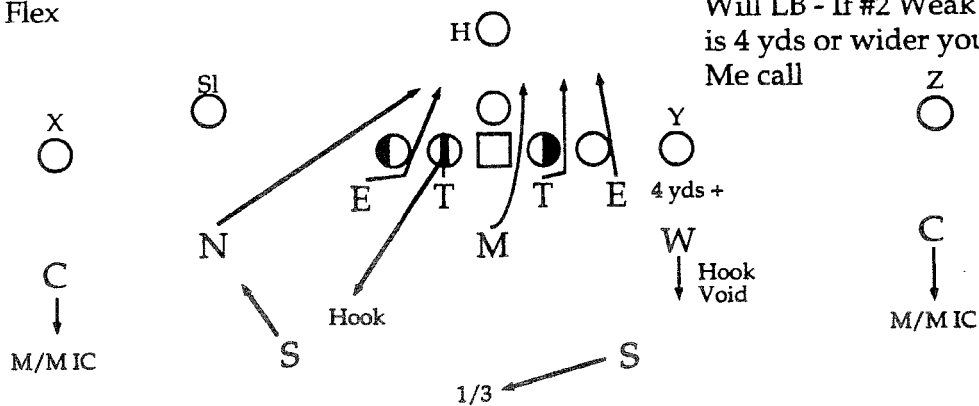
Poppy Trips Lt
(Lion)

LBER's may cross

Lou

Pro Red Lt
(Lion)

Lou - Check to Rose

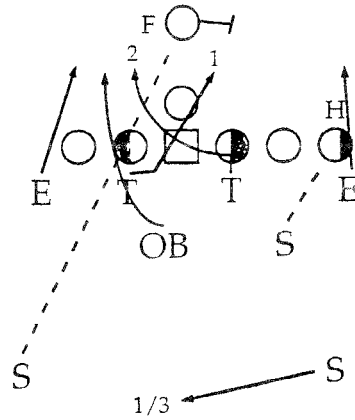
Poppy Slot Lt H Flex
(Raider)Will LB - If #2 Weak away from Nickie.
is 4 yds or wider you cover DE rushes
Me call

Nickel - Single Backer Dogs - Cover 1

Poppy Slot Lt
(Raider)

Z
○
-
C
M/M I

Sl
○
-
N
M/M I



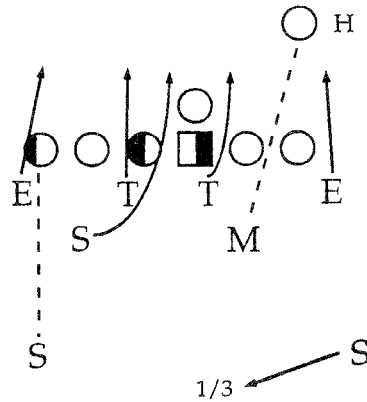
X
○
-
C
M/M I

N - Open I ISX
Open LB blitz opposite Back
Safety cover Open LB's man

Poppy Trips Lt
(Lion)

Z
○
-
C
M/M I

Sl
○
-
N
M/M I



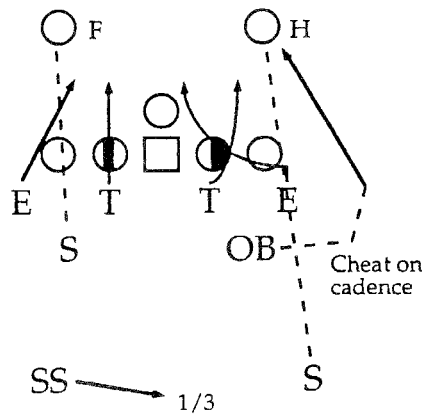
N - Over Gap Shut I Wide
Safety cover Shut LB's man

X
○
-
C
M/M I

Poppy Lt
(Raider)

Z
○
-
C
M/M I

Sl
○
-
N
M/M I

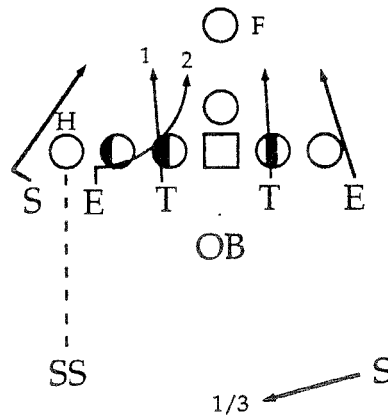


N - Open I 2

X
○
-
C
M/M I

4 Wides

X
○
-
C
M/M I



Nickel Shade Shut I Sex
TE/4 = In & Out with SS & O

Sl
○
-
N
M/M I

X
○
-
C
M/M I

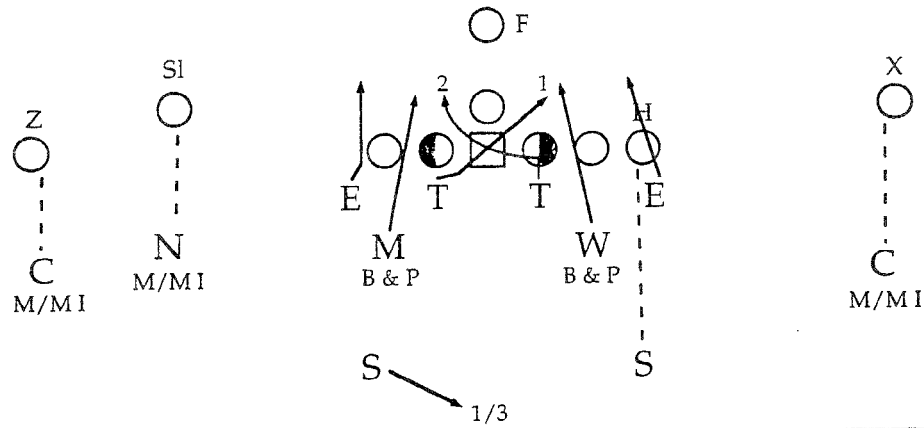
Nickel Flow Dog (ISX) Cover 1

2

Poppy Slot Lt
(Raider)

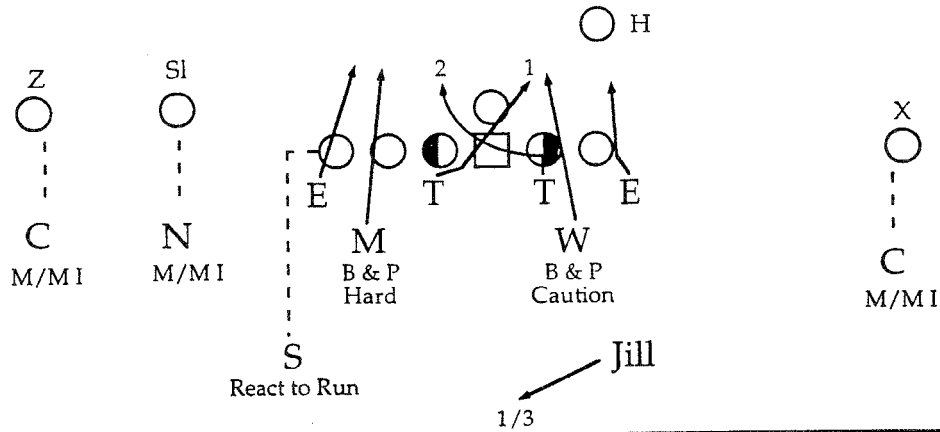
ISX

Nickel Lt



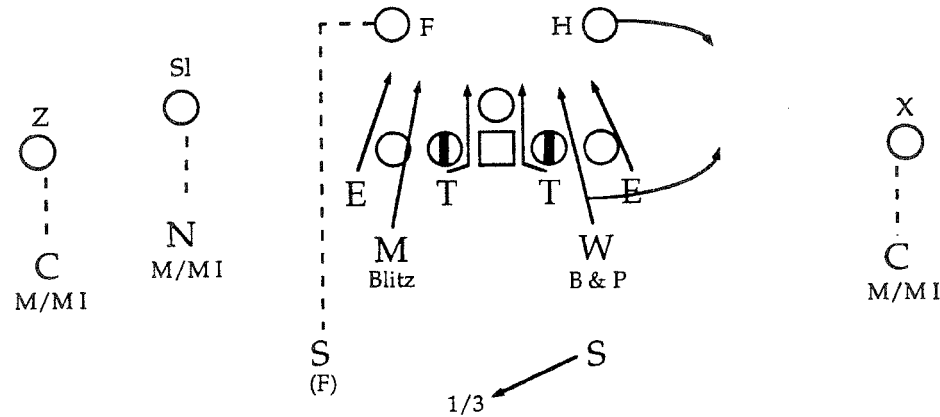
Poppy Trips Lt
(Lion)

ISX Change



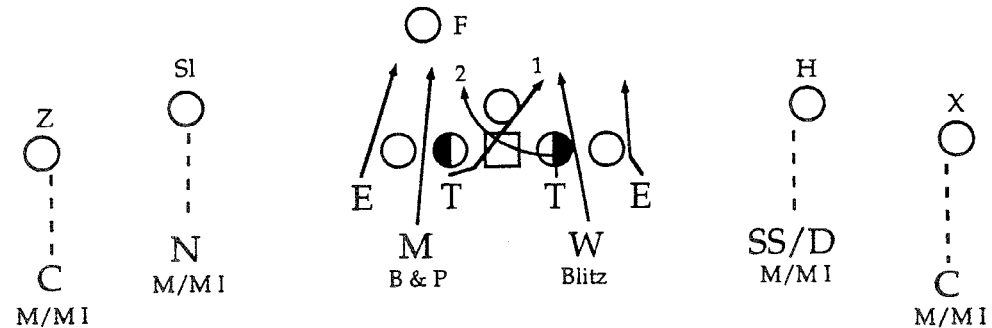
Pro Lt
(Lion)

Tite



4 Wides
(Lion)

ISX Change



*Can also run 2 D Peel

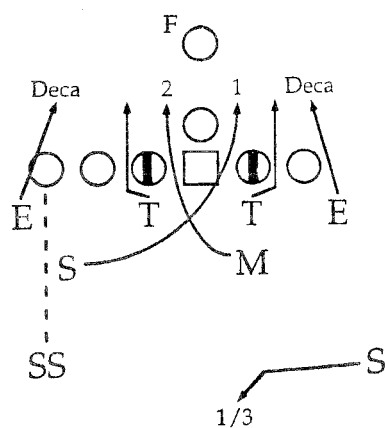
Nickel Blast Deca Cover 1

Poppy Slot Rt
(Lion)

N - Wide Blast Deca

Vs I - Tan, Black
DE has 2nd Back

X
O
-
C



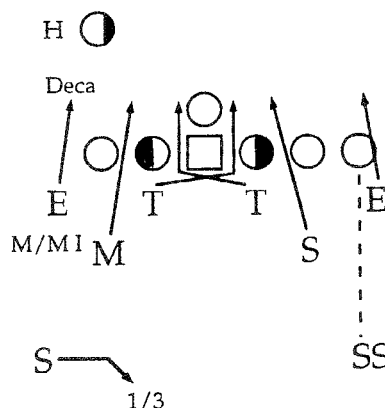
Sl
O
-
N

Z
O
-
C

Poppy Trips Rt
"2"
(Raider)

N - ISX Blast Deca

X
O
-
C



Sl
O
-
N

Z
O
-
C

Pro Red Lt
(Lion)

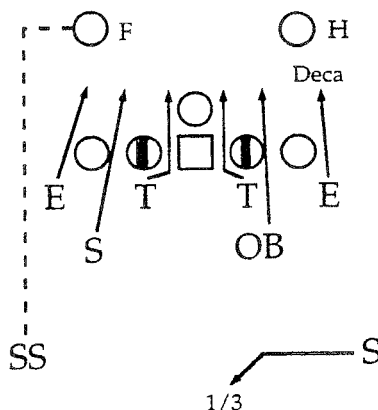
N - Tite Blast Deca

Treat FB like TE

Safety - give DE
Deca call vs 2 Back
sets. Example:
Deca Rt

Z
O
-
C
M/M I

Sl
O
-
N



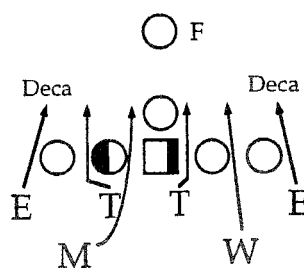
X
O
-
C
M/M I

4 Wides
(Lion)

Nickel Over Gap Blast Dec

Z
O
-
C

Sl
O
-
N



H
O
-
SS

X
O
-
C

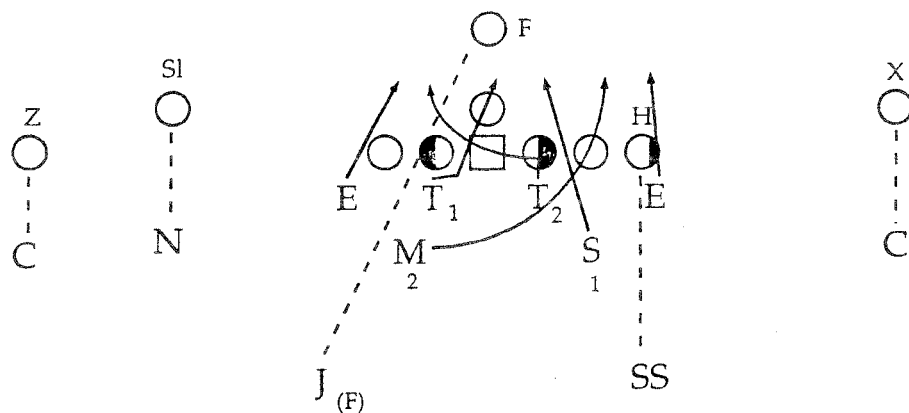
S
↓
1/3

Deca Rules - vs Ghost or Motion to Ghost DE rushes outside, LB covers.

Nickel ISX - Smash

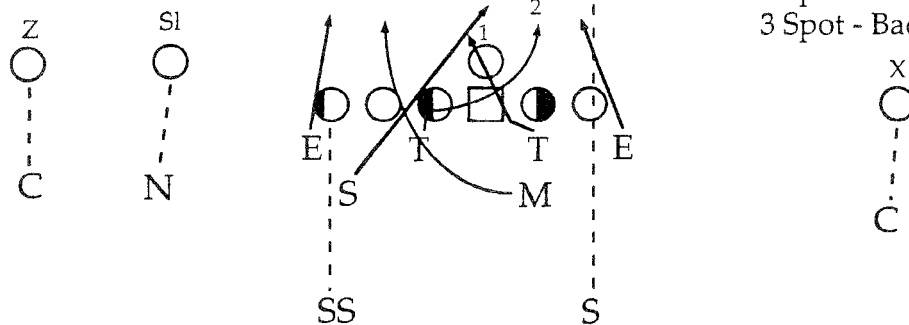
Poppy Slot Lt
(Raider)

Jill - Try to han
if Back blocks



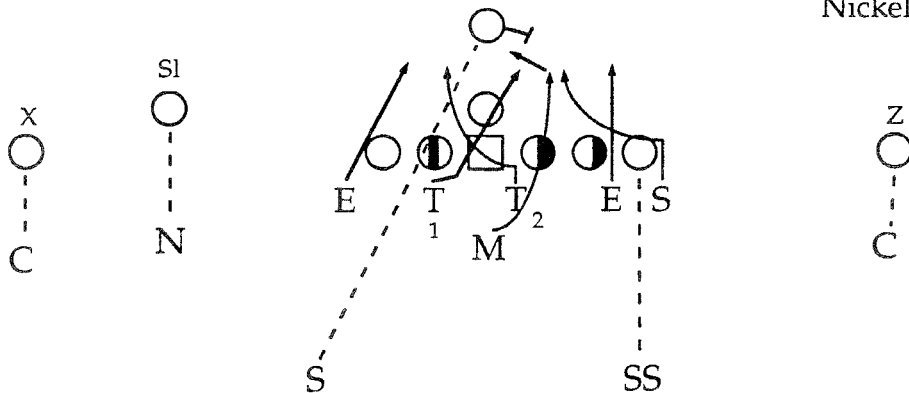
Poppy Trips Lt
(Lion)

Safety TE/4 = Gumbo
2 Spot - be prepared to cover Back
3 Spot - Back may block Free Up.



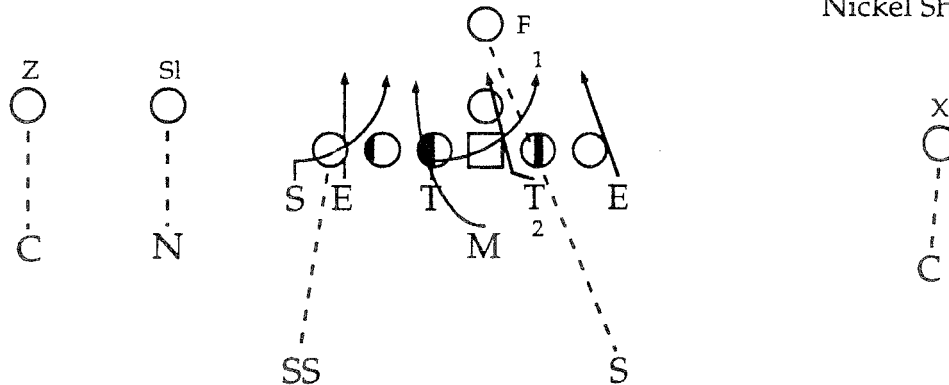
Poppy Lt
(Raider)

Nickel Shade ISX Smash (Sox)



Poppy Trips
Lt "3"

Nickel Shade ISX Smash (Sox)

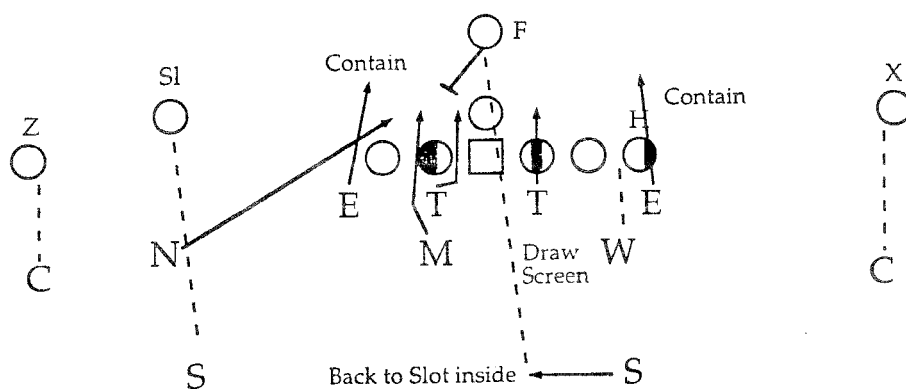


Nickel Dog Free

Poppy Slot Lt
(Raider)

CB's - No Fad
Sure tacklers

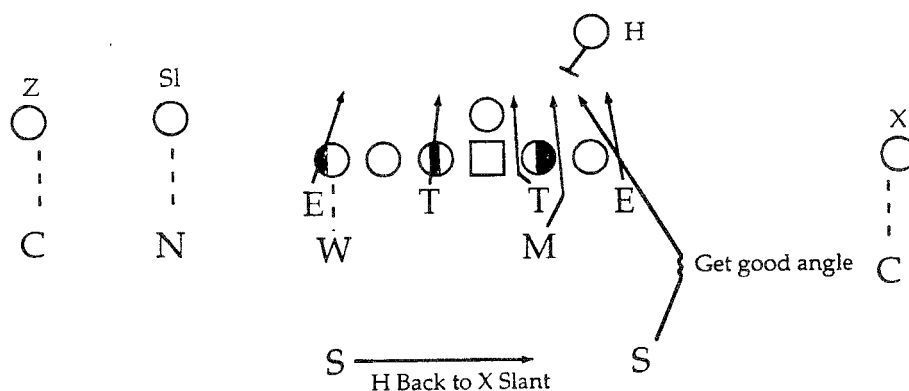
Nickel Lt



Poppy Trips Lt
(Lion)

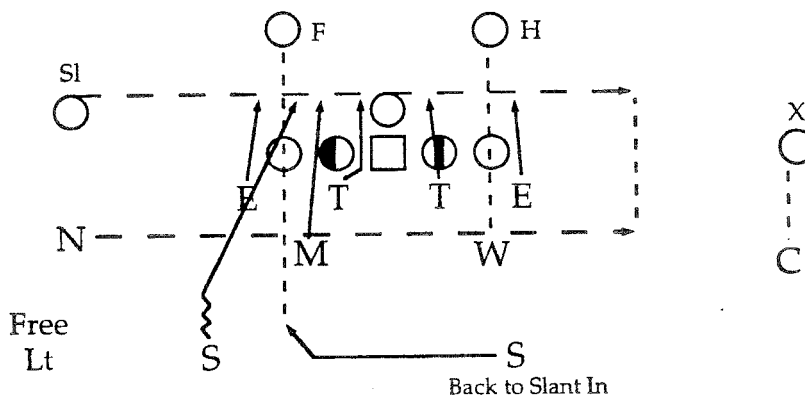
Alert Omaha ca.
if QB audible
Play Geronimo

Free Rt



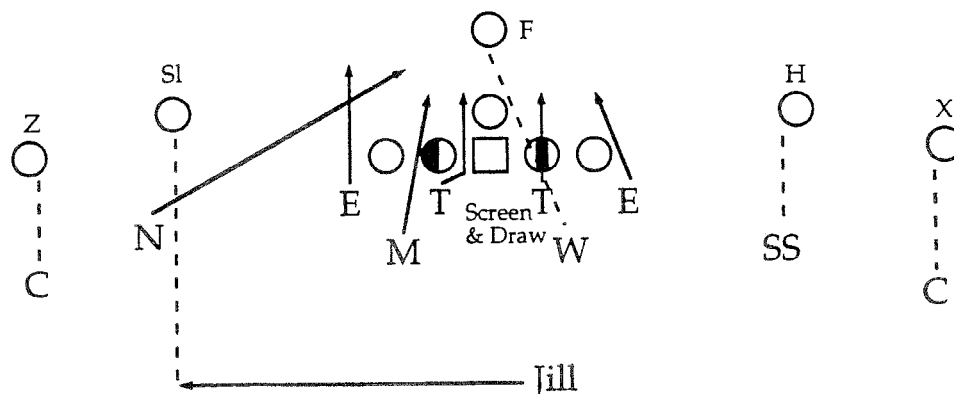
Pro Lt
(Lion)

Nickel Lt
to
Free Lt



Time Blitz with motion

4 Wides
(Lion)



Adjustment to 4 WR

SS cover 4 WR - Will LB cover Back - Vs motion, N or SS take motion

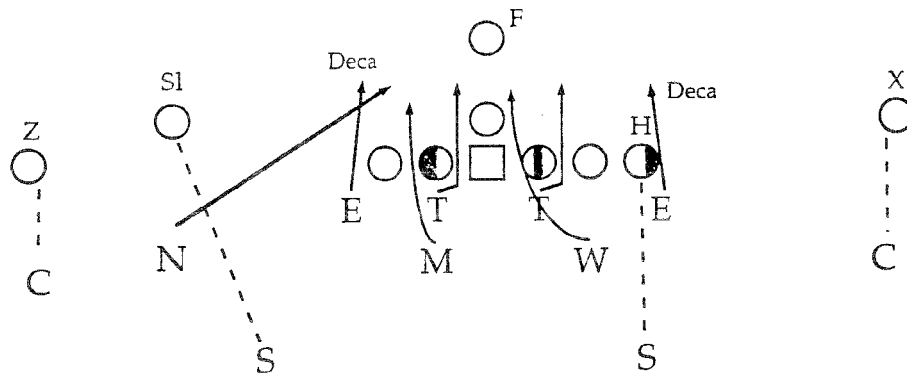
Nickel Triple Blitz Deca

Poppy Slot Lt
(Raider)

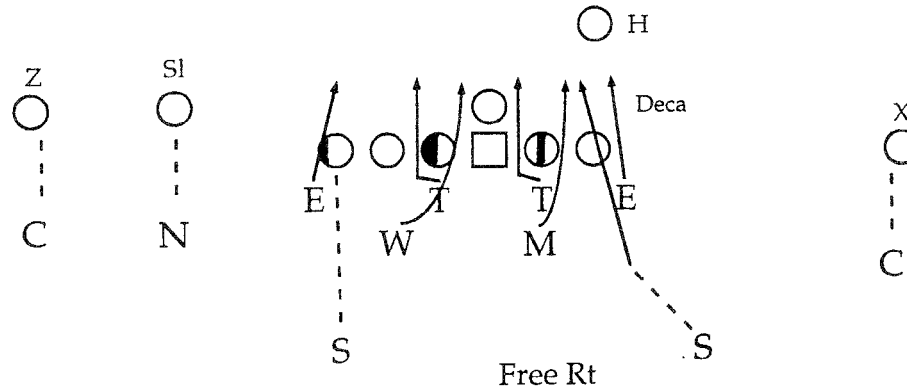
CB's - No Fade

DE's - Deca
includes Screener

Nickel Lt



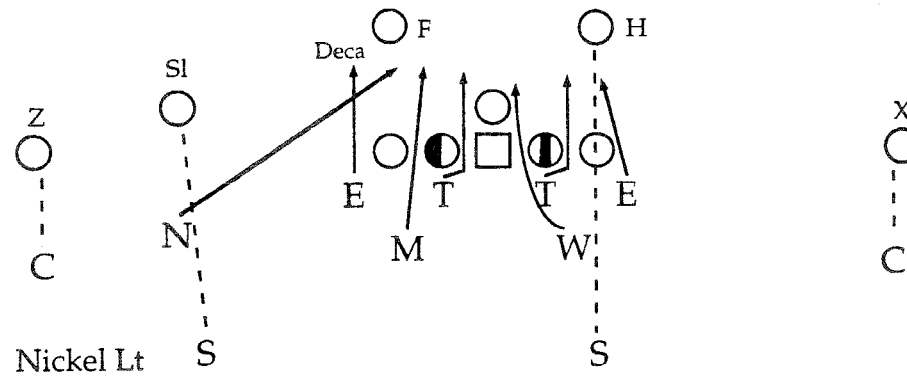
Poppy Trips Lt
(Lion)



Pro Lt
(Lion)

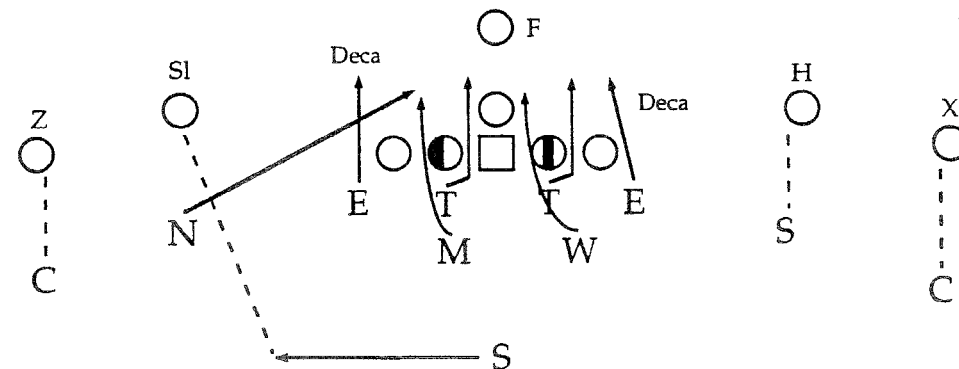
Deca - will be by
Game Plan

Safety - Give DE
Deca call
Ex: Deca Lt & Rt



4 Wides
(Lion)

Disguise Alignments



Triple Blitz is mostly Nickel Dog Free rules with Will LB also blitzing.

30 Nickel/Dime Package

30 Nickel Personnel

1. 3 Defensive Linemen
2. 3 Linebackers
3. 5 Defensive Backs

30 Dime Personnel

1. 3 Defensive Linemen
 2. 2 Linebackers
 3. 6 Defensive Backs
- 30 Qtr = 7 DB's, 1 LB

The "30" Package will be used in the following situations.

1. 2 Minute
2. Long Yardage
3. As an alternate package vs a team that utilizes a lot of 3, 4 & 5 Wides.

Do not - get into the mind set that this is a soft bending defense. There will be enough variations to allow us to attack the offense.

30 Nickel/Dime Coverages

Zone Coverages

1. 3 Cleo
2. 8/3 Jam or Zip
3. Big Ben

Man Coverages

1. 2 Stick (Mac Free)
2. Cover 1 Dbl Bracket
(SS & Mac LB Bracket)

30 Dime Dogs

1. Dime I Change Geronimo Void
2. Nickel I Change Strong Void
3. 30 Dime Dbl Denver 2/3 Void
4. 30 Dime Solid Mac I Peel Cov 1
5. Nickel I Blast 1 Deca (Rip/Liz)
6. Dime I Blast 1 Deca (Rip/Liz)

30 Dime - 3 Cleo

(No Anchor)

Poppy Slot Lt
(Raider)

Lou

Dime may Cleo or Zip weakside

Cleo

Flat & Funnel

Z
○T
C
Flat

Curl/Seam

Sl
○T
N

E

M

Hook

1/3 ← S

T

W

Hook

1/3 ← S

D

Sky for run support

C

Zip Flat

X
○Nickel run
with motionPoppy Trips Lt
(Lion)

Cleo

Flat & Funnel

Z
○T
CSl
○T
N
Curl
Dig

E

M

Hook

1/3 ← S

T

W

Hook to Curl

1/3 ← S

H
○

D

1/3

T
C

Flat & Funnel

X
○

Cleo

Pro Lt
(Lion)

Flat & Funnel

Z
○T
CSl
○N
Curl/Seam
Dig

E

M

Hook

1/3 ← S

T

W

Hook

1/3 ← S

F
○H
○

D

1/3

T
C

Flat

X
○

Cleo

4 Wides
(Lion)

Cleo

Z
○T
C
FlatSl
○N
Curl

E

M

Hook

1/3 ← S

T

W

Hook

1/3 ← S

F
○H
○

Sky

D

Vs Trips Cleo weak
Vs long yard or 2 mir
may Cleo weakX
○

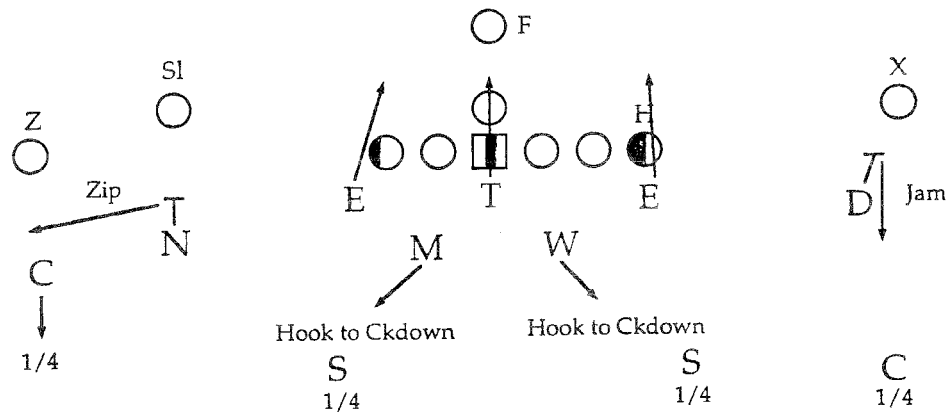
Flat

1/3
M/MIC

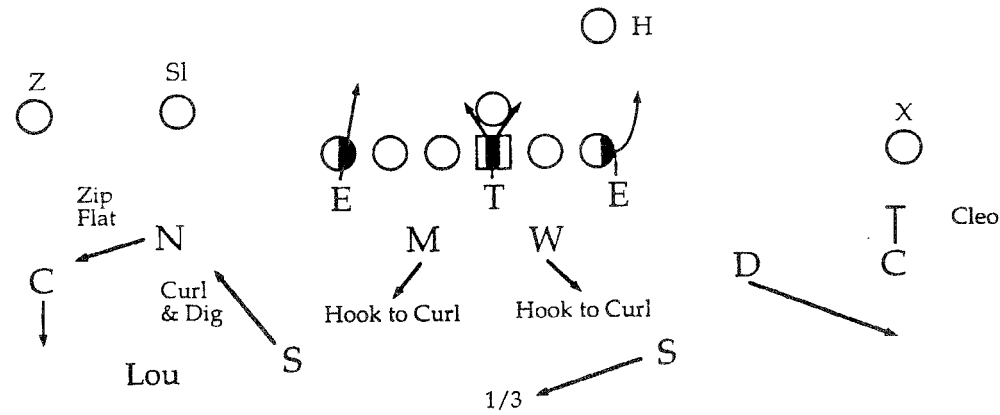
30 Dime - 8/3 Jam or Zip - (Anchor)

Poppy Slot Lt
(Raider)

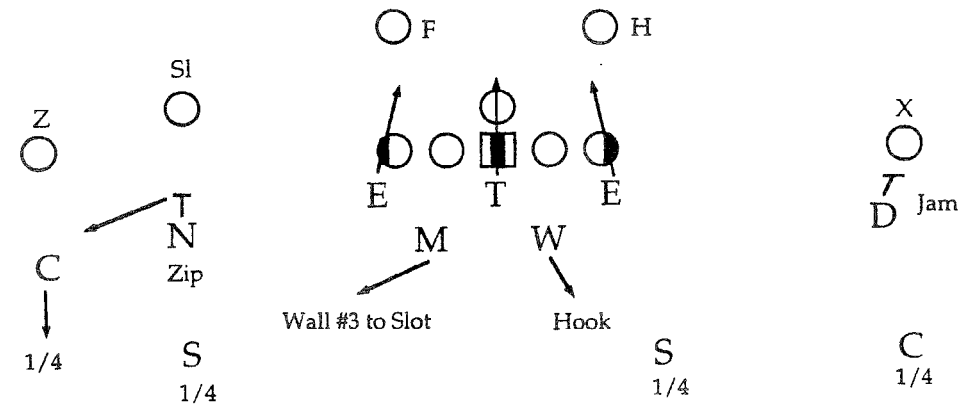
Cov 8

Motion to Trips
Ck 3 Lou or Rose

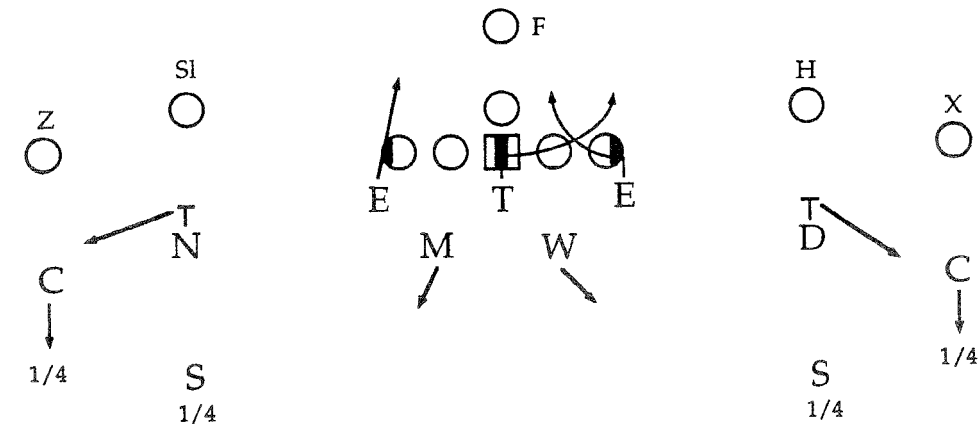
Robber - Cov 8
Will LB read #3
Mac LB 15 yds deep
middle. Look for
Digs

Poppy Trips Lt
(Lion)Ck 3 vs Trips
LouNo Robber call
with Lou/RosePro Lt
(Lion)

Cov 8

Possible
Robber call4 Wides
(Lion)

Cov 8

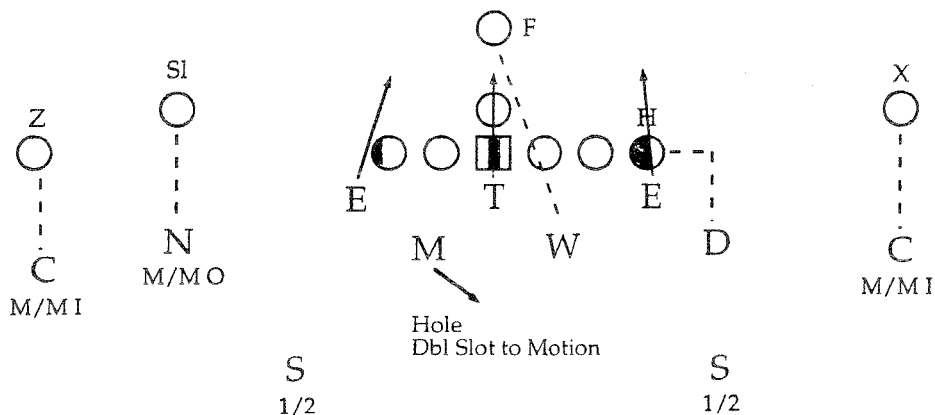
Possible
Robber call

30 Dime - 2 Stick (Mac Free)

4

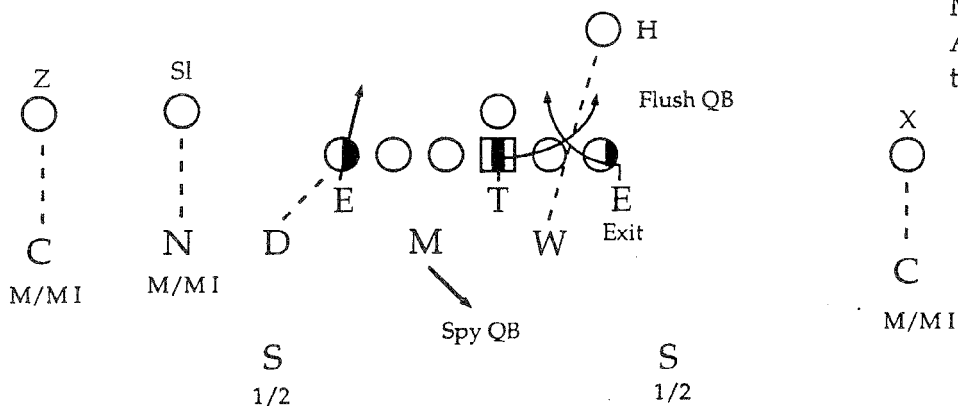
Poppy Slot Lt
(Raider)

Mac Free
Bracket WR Motion



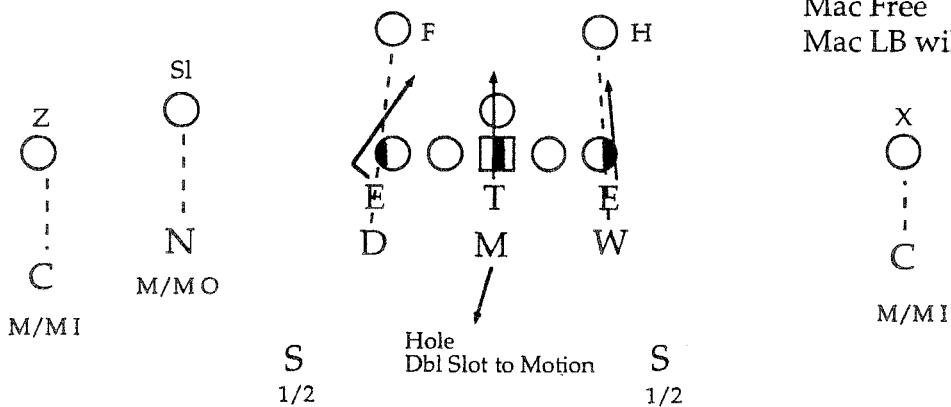
Poppy Trips Lt
(Lion)

Mac Spy
Attack QB if he starts
to scramble



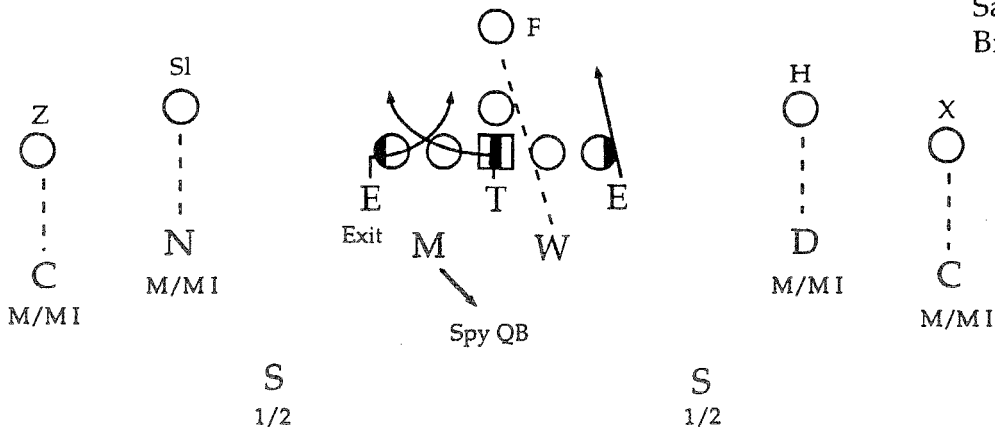
Pro Lt
(Lion)

Mac Free
Mac LB will Bracket WR Motion



4 Wides
(Lion)

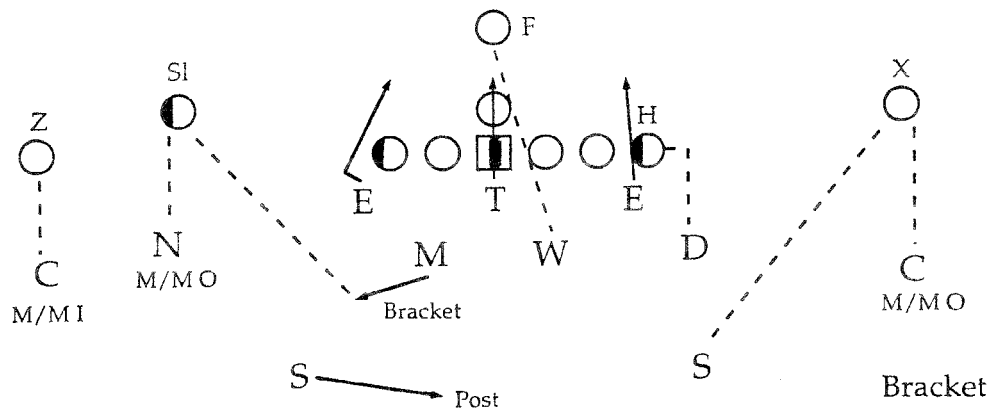
Safety
Bracket WR Motion



Poppy Slot Lt
(Raider)

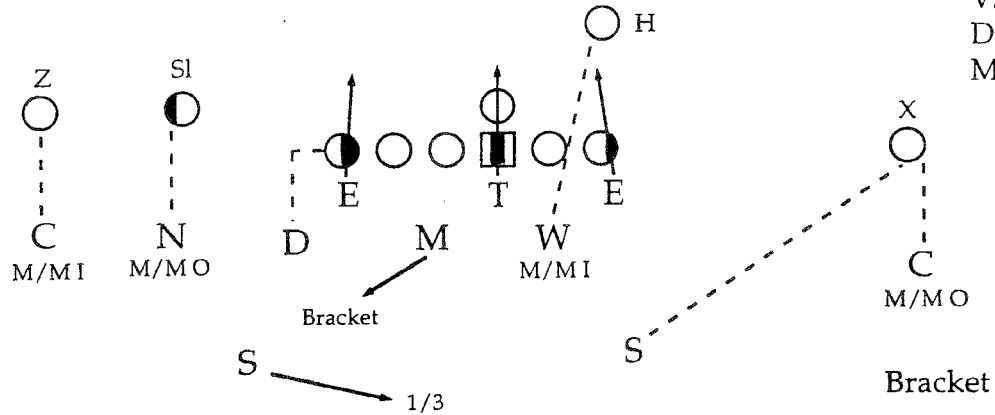
Mac LB
Bracket
Slot

Safety
Bracket X



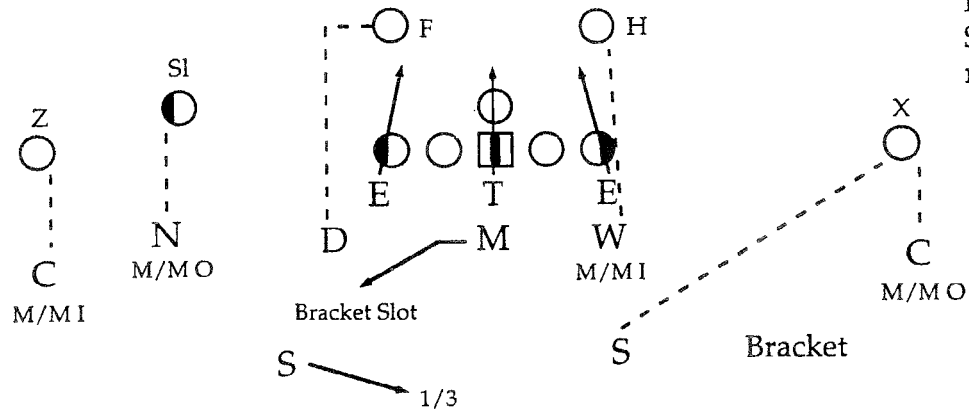
Poppy Trips Lt
(Lion)

Vs TE/4 Spot
D & W = In & Out
Mac = Dbl Slot



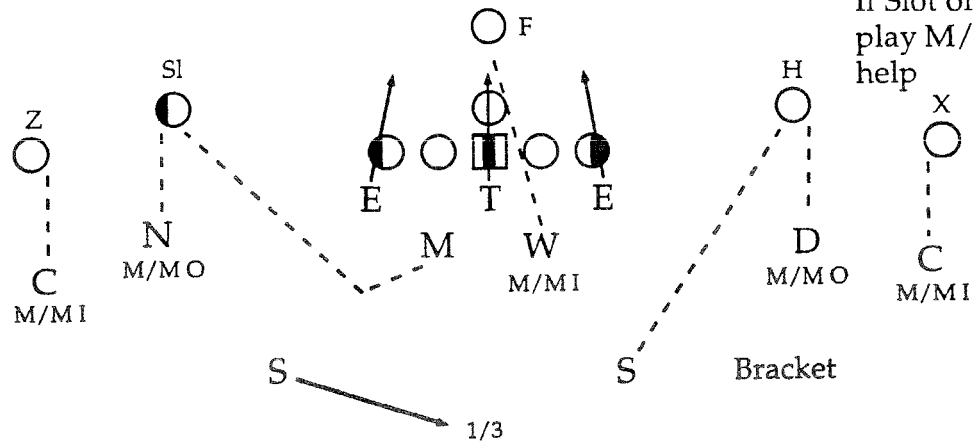
Pro Lt
(Lion)

If Slot Zooms Dbl
Slot & single
receiver away



4 Wides
(Lion)

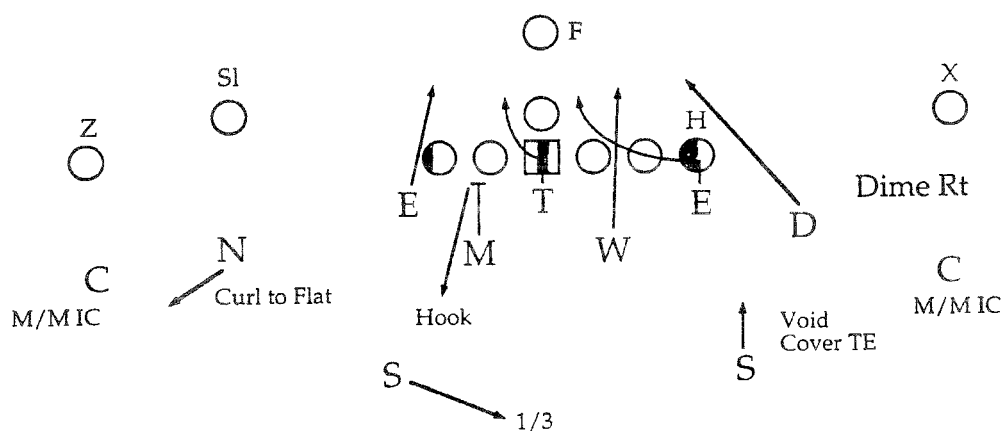
If Slot or H Zooms N & D
play M/M O Mac inside
help



30 Dime - Dime I Change - Geronimo Void

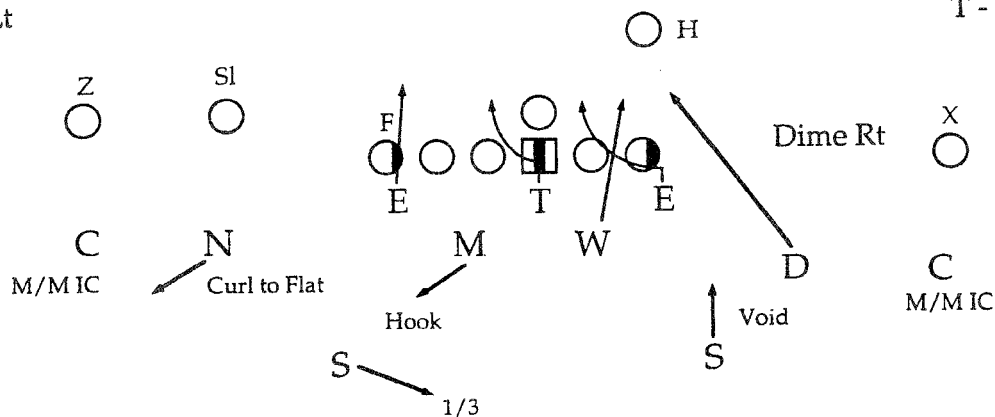
Poppy Slot Lt
(Raider)

Mac can Mug Guar

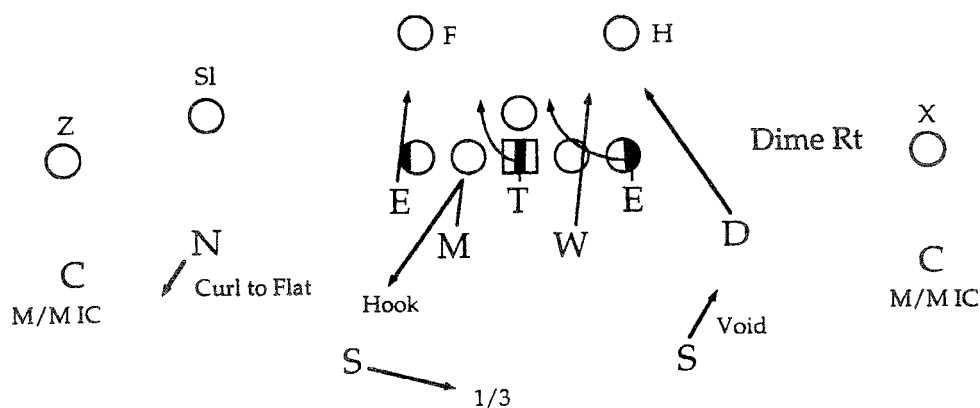


Poppy Trips Lt
(Lion)

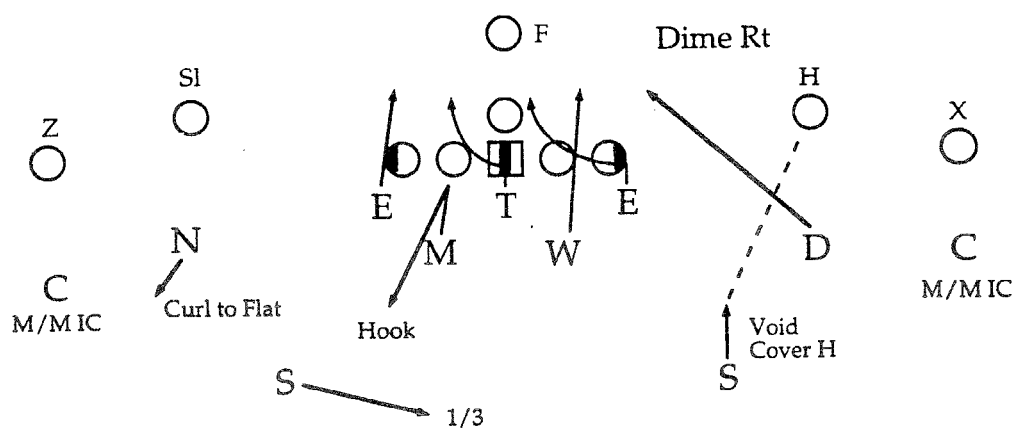
T - Thru Center to A gal



Pro Lt
(Lion)



4 Wides
(Lion)

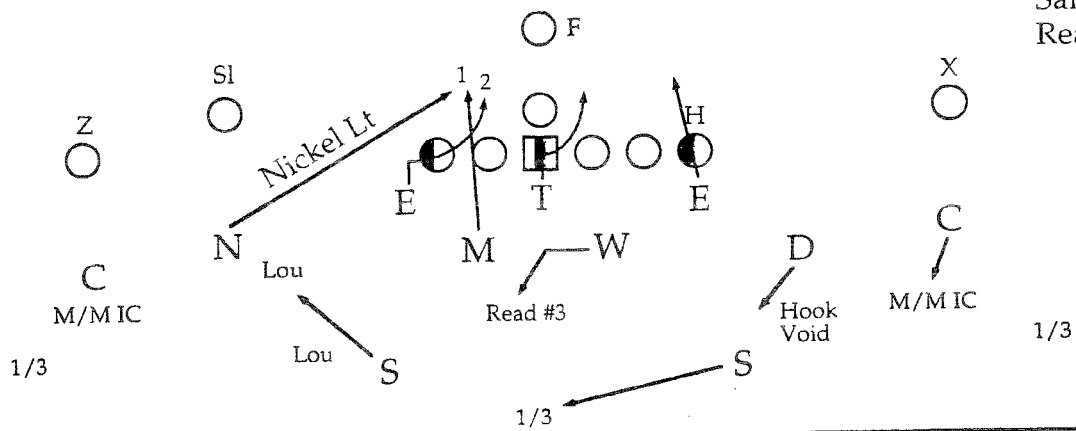


30 Dime - Nickel I Change - Strong Void

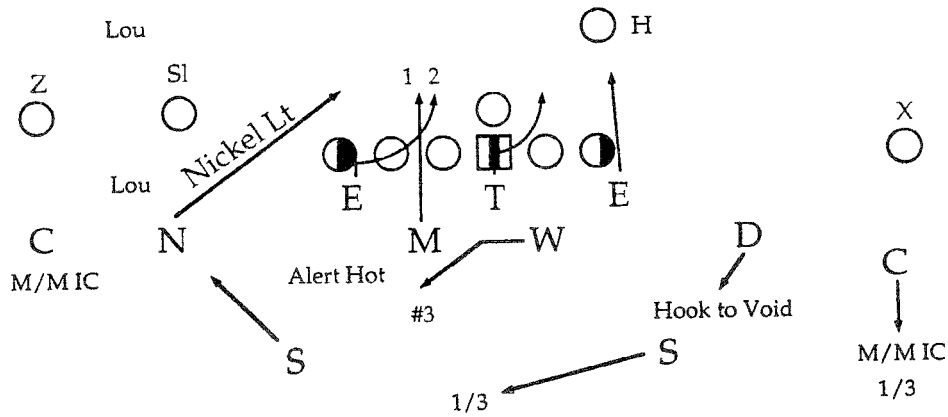
7

Poppy Slot Lt
(Raider)

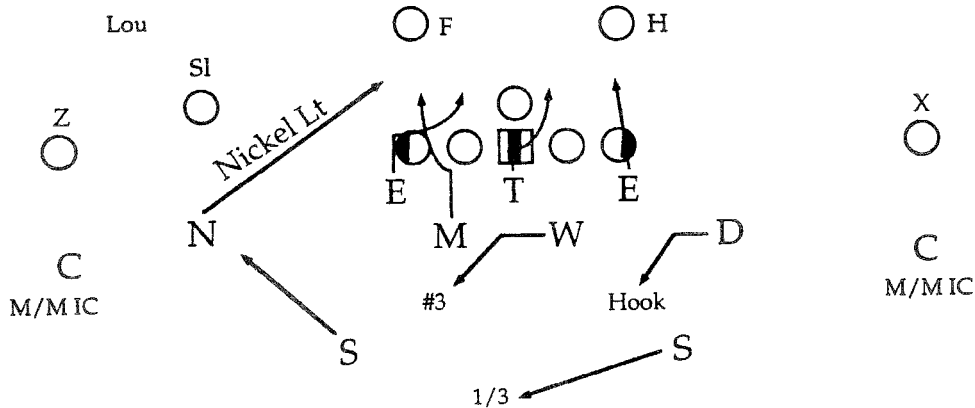
Saf - Will & D
Read #3 like Cov 8



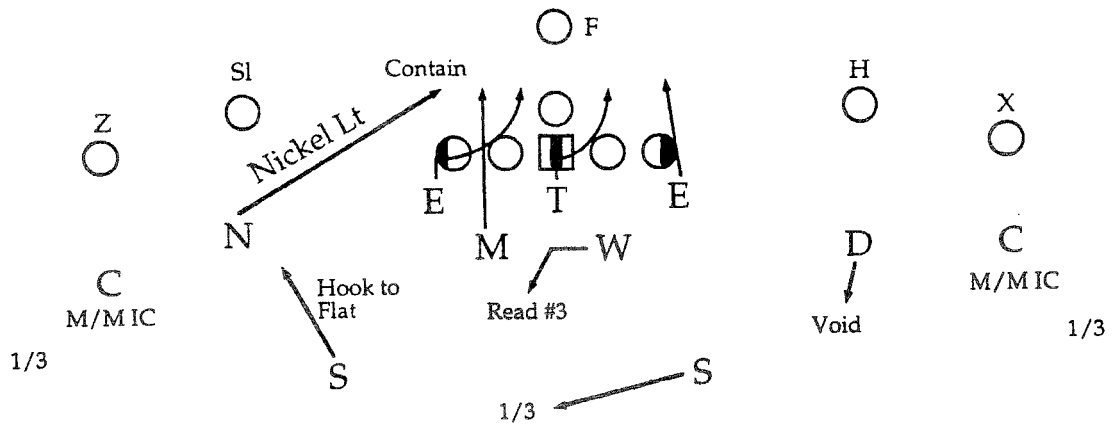
Poppy Trips Lt
(Lion)



Pro Lt
(Lion)



4 Wides
(Lion)

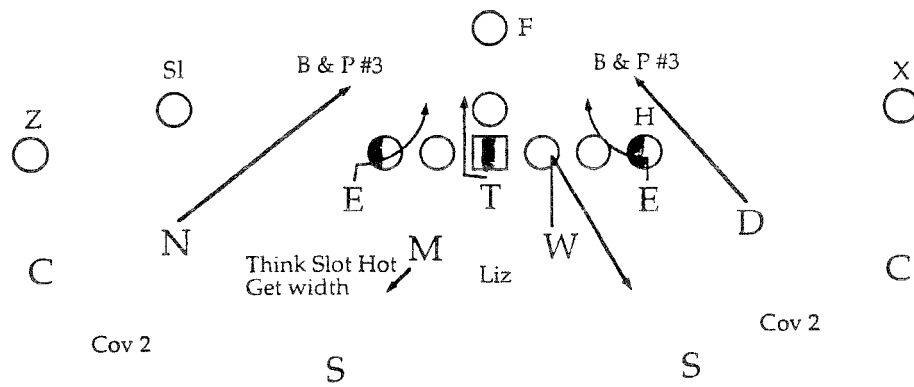


30 Dime - Double Denver - 2/3 Void

8

Poppy Slot Lt
(Raider)

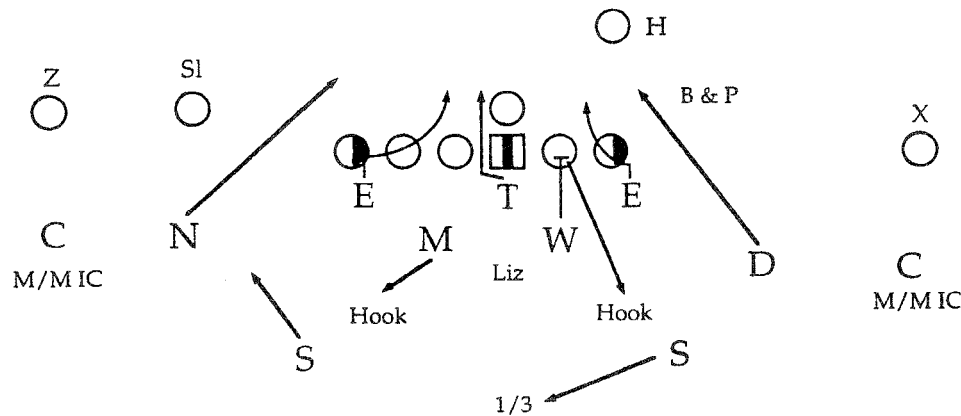
Cov 2



Poppy Trips Lt
(Lion)

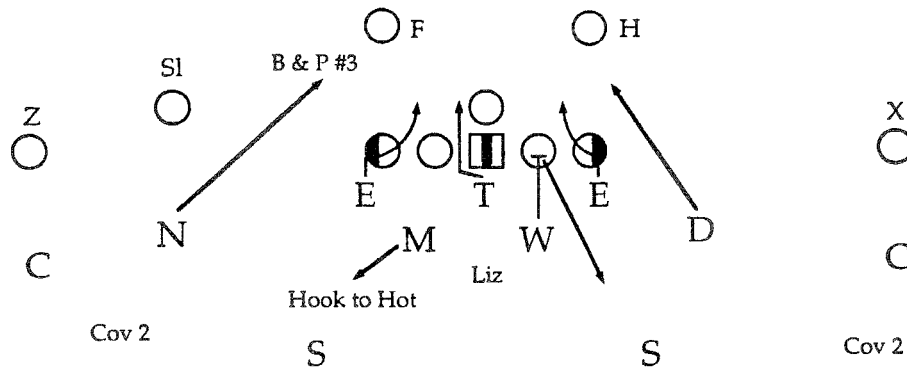
Ck 3 Lou

Ck Lou



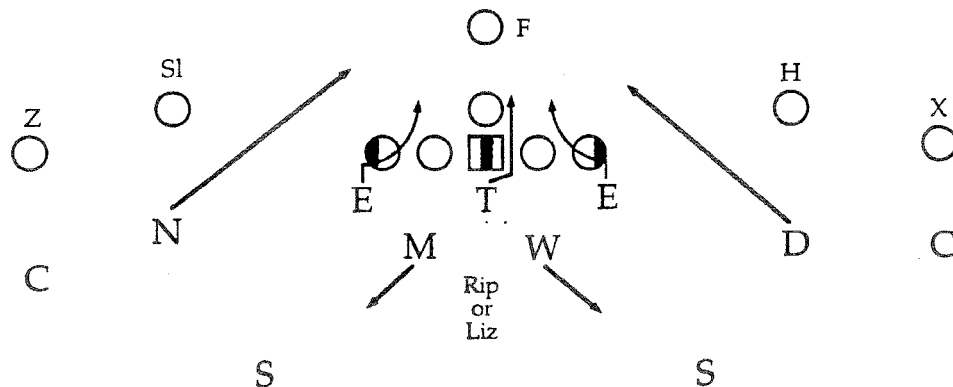
Pro Lt
(Lion)

Cov 2



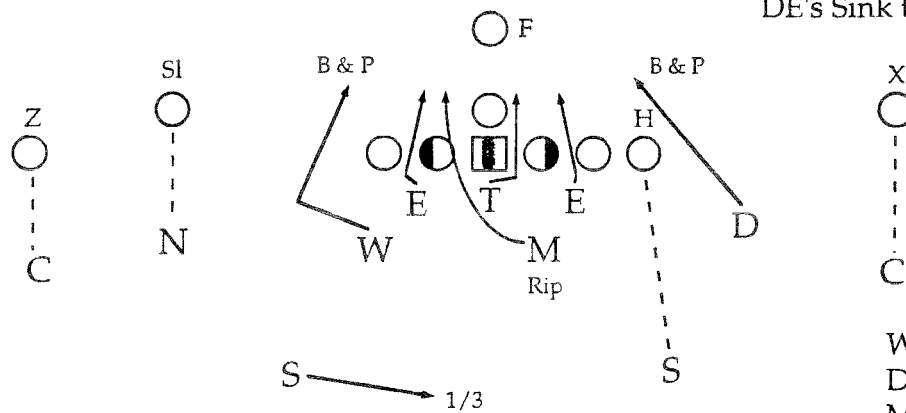
4 Wides
(Lion)

Cov 2



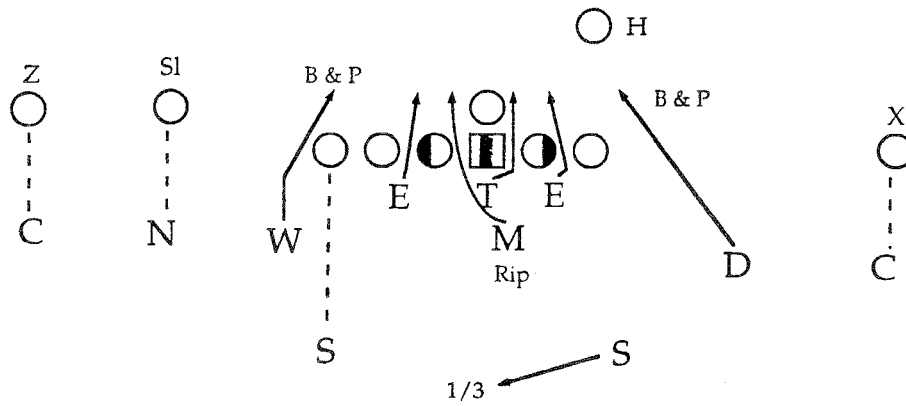
Poppy Slot Lt
(Raider)

DE's Sink to Solid front on cadence

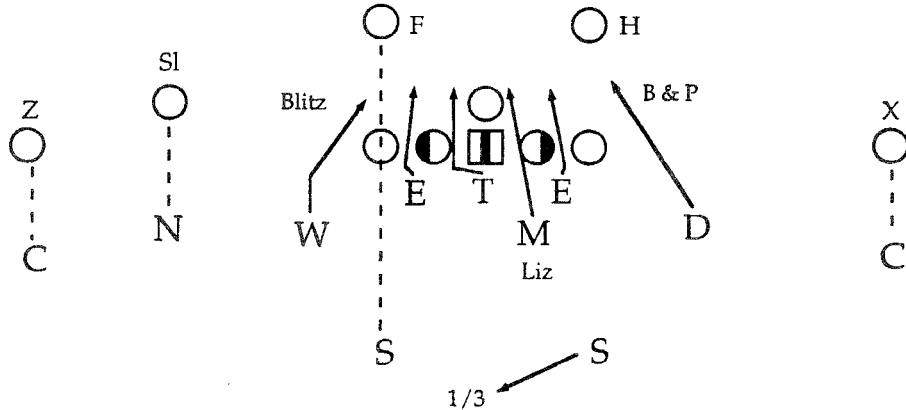


Will - go to side of Nickel
Dime - away from Nickel
Mac - give Rip/Liz call

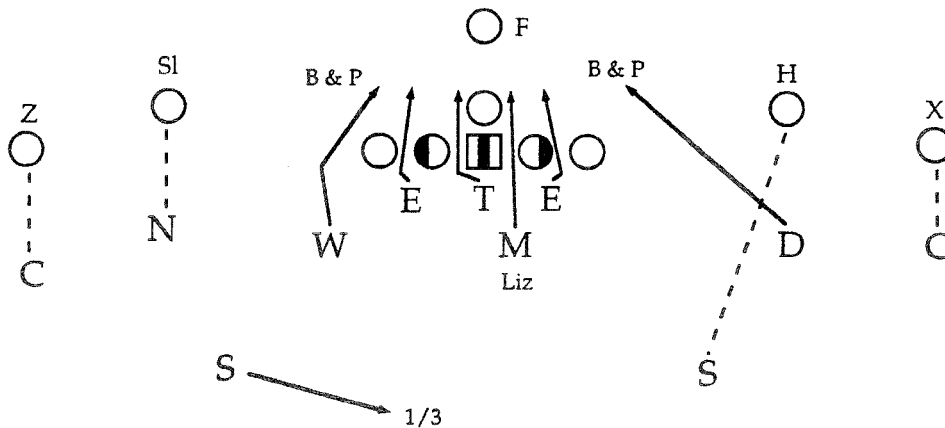
Poppy Trips Lt
(Lion)



Pro Lt
(Lion)



4 Wides
(Lion)

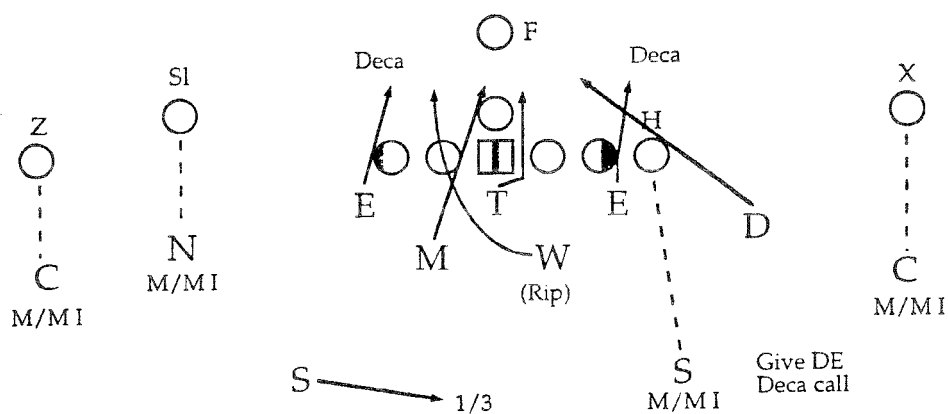


30 Dime - Dime I Blast - 1 Deca

10

Poppy Slot Lt
(Raider)

Dime Rt



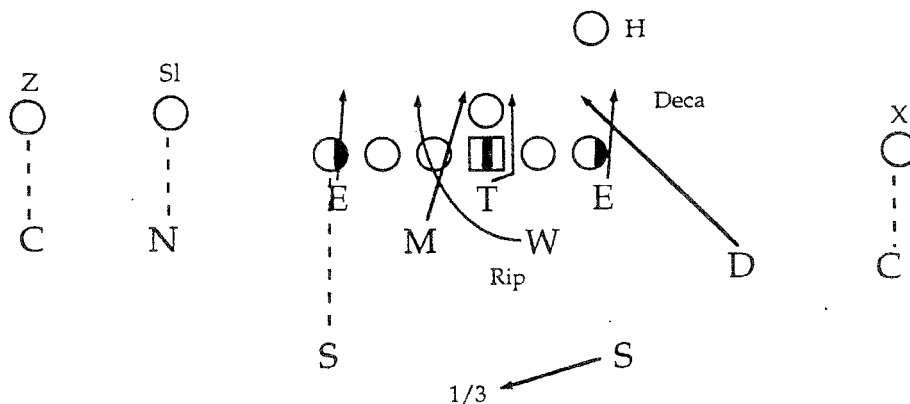
Will LB read 1st
then blitz tight

Dime always
align away from
Nickel

Give DE
Deca call

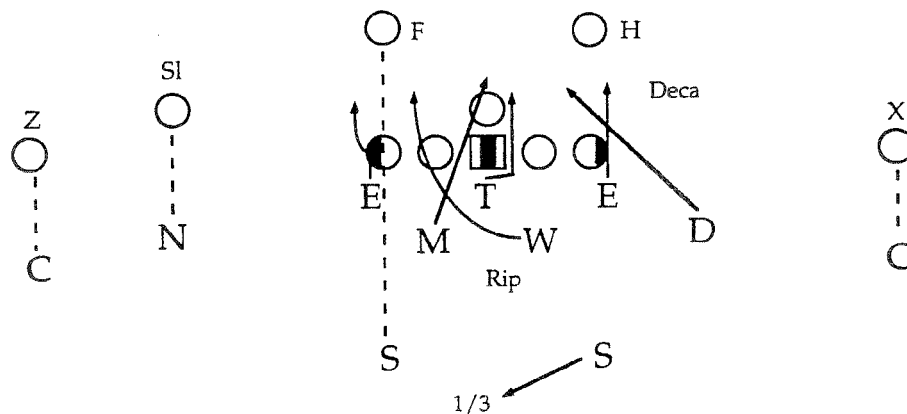
Poppy Trips Lt
(Lion)

Secondary Disguise



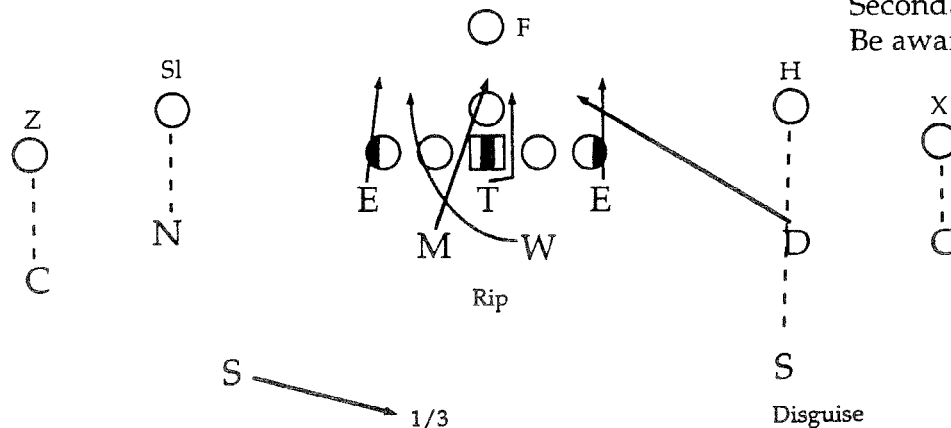
Pro Lt
(Lion)

May Deca FB based
on Game Plan

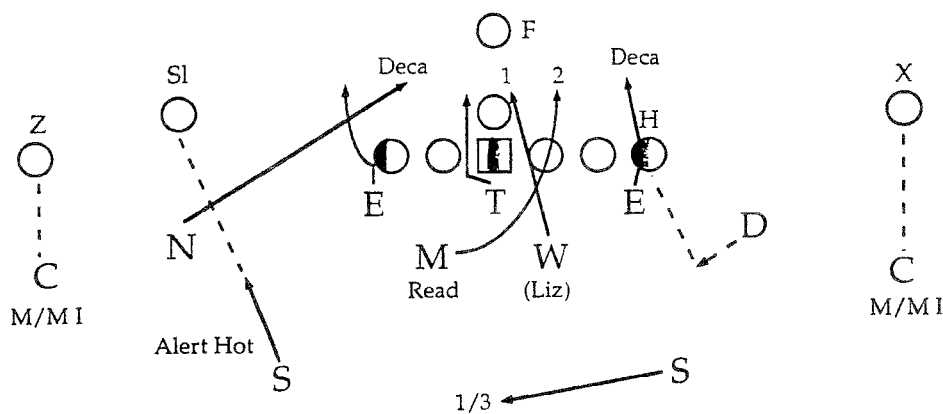


4 Wides
(Lion)

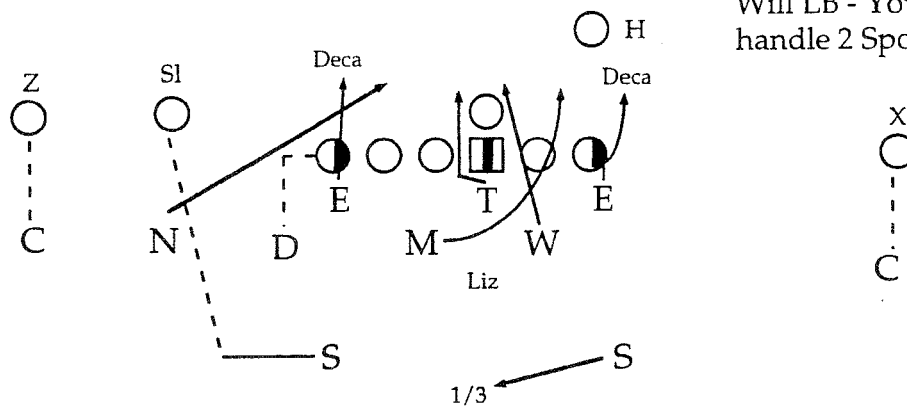
Secondary M/M I
Be aware of Pick alignment



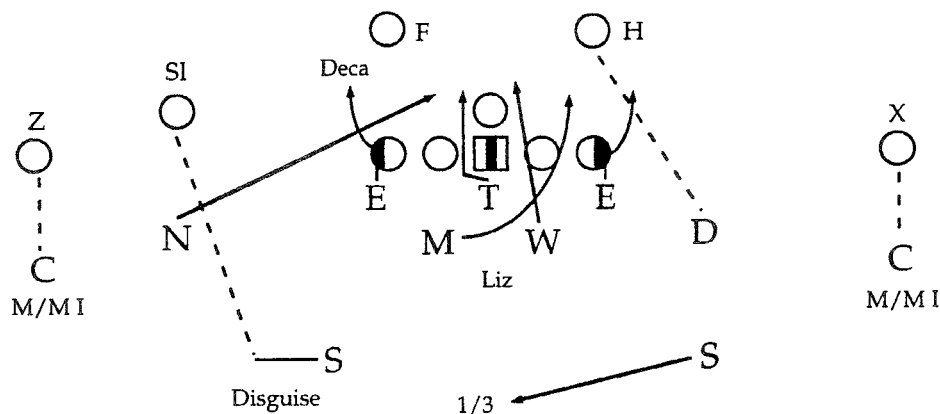
Dime - Cover TE
or Back in Pro



Will LB - You may be asked to handle 2 Spot & Ghost for Deca End



Dime will match up by Game Plan



The diagram illustrates a network of nodes and connections. Nodes are represented by circles with letters: Z, C, M/M I, Sl, N, S, M/M I, F, E, T, M, W, Liz, H, D, M/M I, X, C, M/M I. Connections include dashed lines, solid lines, and arrows. Labels like 'Alert Hot', 'Decca', and '1/3' are also present.

Two Minutes To Go

A critical part of every ball game is the last two minutes in either half. Many a game is won during this part of the game. It is imperative for the team to know when time is out and whether the clock starts with the snap or with the referee's whistle. **TIME OUTS MUST BE SAVED FOR THE 2 MINUTE PERIOD FOR OUR OFFENSE.**

1. Clock Starts with the Snap of Ball

- a. Change of possession
- b. Expiration of Time Out
- c. Incomplete Pass
- d. Penalty*
- e. Play Out of Bounds
- f. Signal for start of 2 minutes
- g. Due to crowd noise

*If team committing infraction has timeouts remaining.

2. Clock Starts with Referee's Whistle

- a. Time Out taken in excess of three
- b. Measurement for 1st Down unless clock is otherwise stopped.
- c. Undue pile up and delay in unpiling.
- d. Removal of injured player (if 5th Time Out - 10 seconds are run off the clock).

A team that can handle itself through this period without confusion and frustration will be the champion. **We must be the best!**

The offense is trying to conserve as much time as they possibly can by going out of bounds to stop the clock. Also they conserve time by calling one or more plays in the huddle and hurrying back to the L.O.S. to put the ball in play as soon as the referee whistles the ball is in play.

General Rules or Guides for the Defense

1. **COMMUNICATE** - Many plays in a 2 minute situation are run without a huddle. We must get the call from the sideline and 11 men must play the same defense. Communicate. Use hand signals, use your wrist bands and be ready to play at the snap. Don't rely on one person getting and making the call.
2. Keep the ball carrier or receiver in bounds.
3. **Stall** - especially the linemen, lay on the pile, be slow to get up, don't hurry back to the L.O.S., but be onside when the **referee whistles the ball in play**. Be alert for down marker as you move back to L.O.S. **Must be onside however.**
4. **Watch the Ball** - move with the ball. An Offside Penalty stops the clock.
5. When we are in a 2 minute type defense it is mandatory that we:
 - a. **Reroute and disrupt receiver.**
 - b. **Destroy the pattern causing the QB to hesitate.**

- c. ~~LB's and DB's. All defenders get good depth. SEE THE QB - react to ball. Make it happen in front of you.~~
- d. Lineman must be relentless to QB. Never be blocked one-on-one.
- e. Play your techniques: Zone = Proper drops!
Man = Inside, outside tech. - know where your help is!

6. Play thru the receiver - under and up - knock it loose - strip the ball. Don't gamble and give up the big play.
7. Keep in mind, the **situation** - down, distance, position on field and **always** know the **exact** time. Expect routes to the sideline to stop the clock.
8. We will use Regular personnel or Nickle/Dime personnel - Know our plan when you begin the series. Read the Coach on the sideline.
9. If you are knicked try to get off the field and alert sideline for substitution. If injured then take a knee.

Offensive Strategy

1. The offensive strategy changes with field position and time remaining changes. If they have the **full 2 minutes**, they will use a combination of zone passes, draws and screens, trying to take advantage of our rush and coverage. This is where the defense has to be especially alert and converge on the ball carrier/receiver (good bracket), making good tackles. Do not gamble in this situation. If we blitz execute the blitz precisely.
2. If the offense has only **one minute or less** remaining with 50 or more yards to go, they will try to *work the sidelines*, using patterns where the *receiver has a good chance to get out of bounds*. This is where we must have a good outside in bracket on the receiver and keep him in bounds.
3. In **desperation** - the offense will send all receivers deep and throw long trying to create a jump ball in the end zone. Our jumpers must be prepared to cover the receiver and **INTERCEPT OR KNOCK THE BALL DOWN** (no tip). Play the ball - back defender and front defender look for the tip.
4. To "win" we **must** re-route all receivers, we must have depth. Deep backs never allow anyone behind you - keep everything in front. We must play the proper coverage technique.
5. Defensive signal caller - call time out only when so instructed by the **Head Coach**.

2 minutes and we're behind -

1. We must get the ball.
 - a. cause a fumble
 - b. 3 & out - force the punt
2. Every down is like short yardage.

1. Basic Fronts - Be aggressive - 2nd man in tackle ball - up and under. - The Minus Play
2. Basic Coverages - Best run support - usually vs. 2/3 TE's. - The Minus Play

3. Blitz - know your coverage

4. When we call press coverage play it with confidence. We cannot allow a 1st down.

2 Minute - Big Ben Formation Adjustments

4

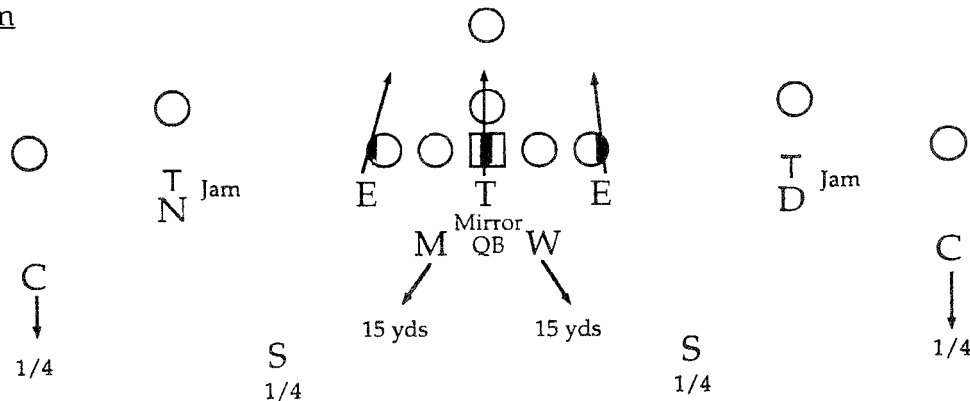
Just prior to the end of the half or at the end of a game, it may be necessary to adjust our front and coverage to a wide Bunch formation which we will call Big Ben. Not every team will align in the same formation therefore we must adjust our coverage call to the formation. Also we must know if there is enough time for a long pass and field goal to win the game.

Call 30 Dime 8/3 Cleo

If the offense comes out in a 2 by 2 formation, we play Cover 8 with deep alignments.

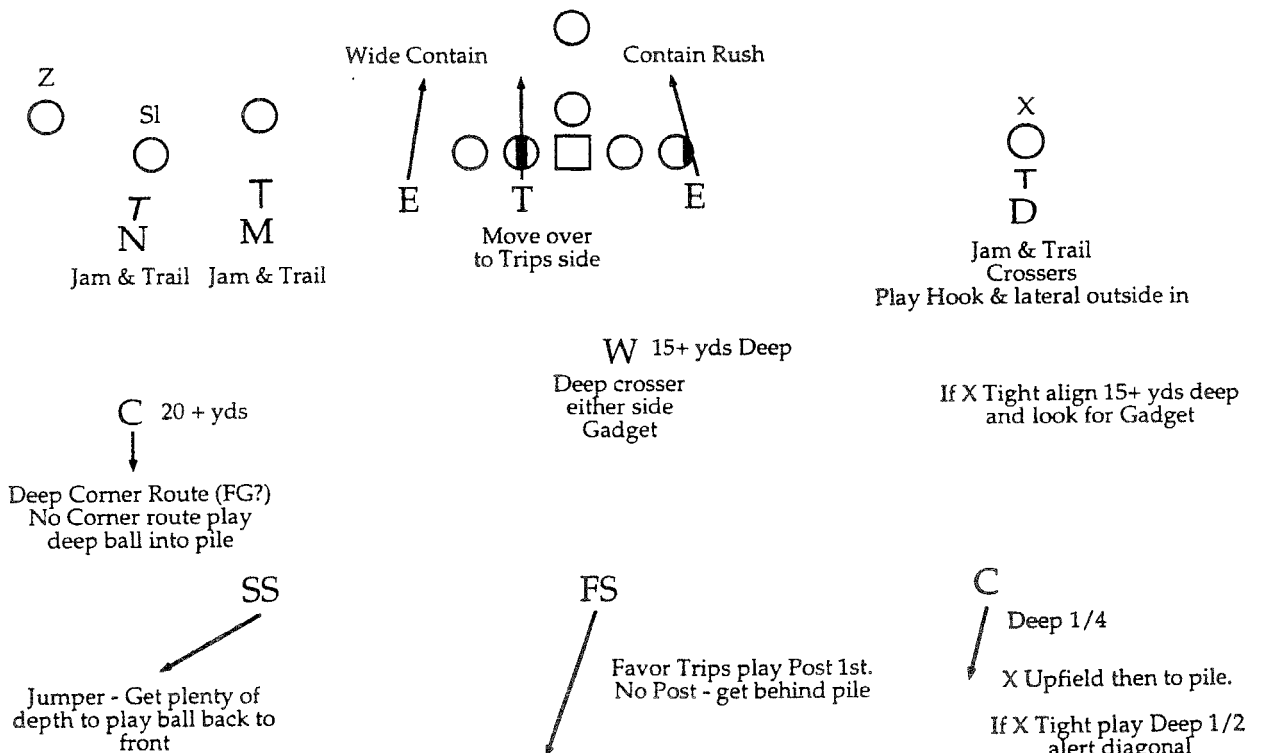
Example:

8 Jam



If the offense comes out in a Big Ben alignment (Wide Bunch), we will play a Loose 3 Cleo with the following Big Ben adjustments.

3 Cleo



Red Area Coverages

We will play many of our Base defenses and coverages in the Red Area.

The coverages listed below allow us to take advantage of the short vertical field in the Red Area. We will generally play these coverages from the +12 yard line to the goal line.

Base Coverages

1. 8 Latch (Anchor)
Ck 8 vs Slot or 1 Back
May Play 8 Latch vs true Pepper.
2. 2 Cloud Play It (Anchor)
3. Cover 1 Bracket
4. Cover 8
5. 2 Slam

Nickel/Dime

1. Double Bracket
2. Double Thunder Deca

Note: We may also play
8 Latch vs true Pepper
formation

Flat
Funnel
Read #2

○

T
OB
Lock

J
1/2

○

T
C

Flat
Funnel

○
T
OB Flat
Lock C Read #2/#3
J
1/2

○ ○

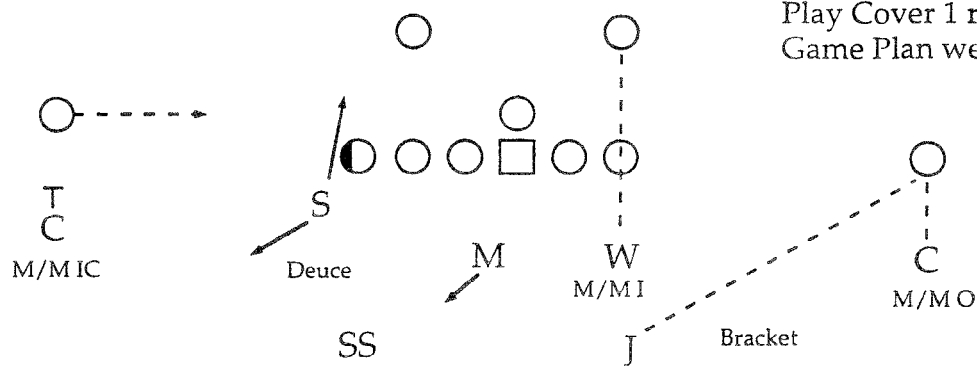
T S T Flat
Lock C Funnel

S
1/2

Safety - Possible Ck to Flow

Red Left
Lion

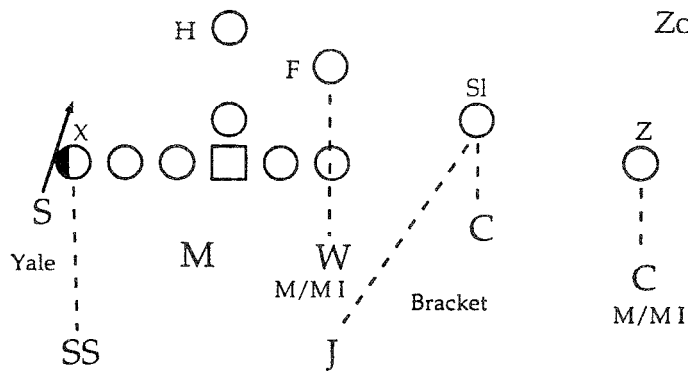
Play Cover 1 rules to TE side. By
Game Plan we will Bracket Z or X



Zip or Zoom = Bracket Motion

Black Slot Rt
Lion

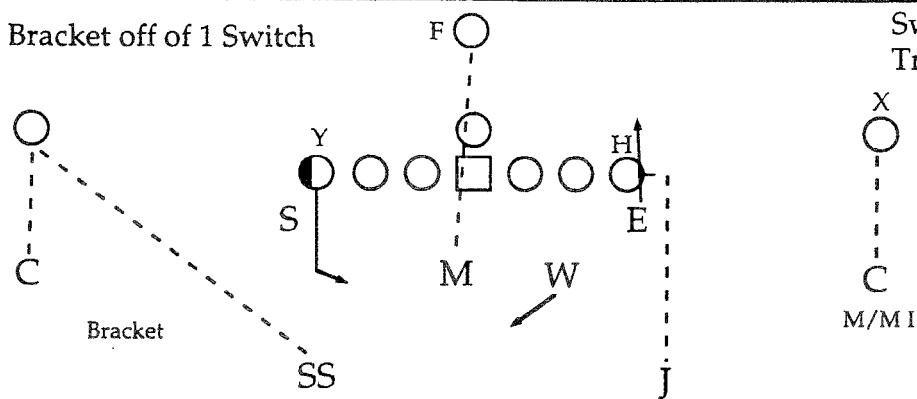
Zoom - Bracket Motion



Pepper Lt
Lion

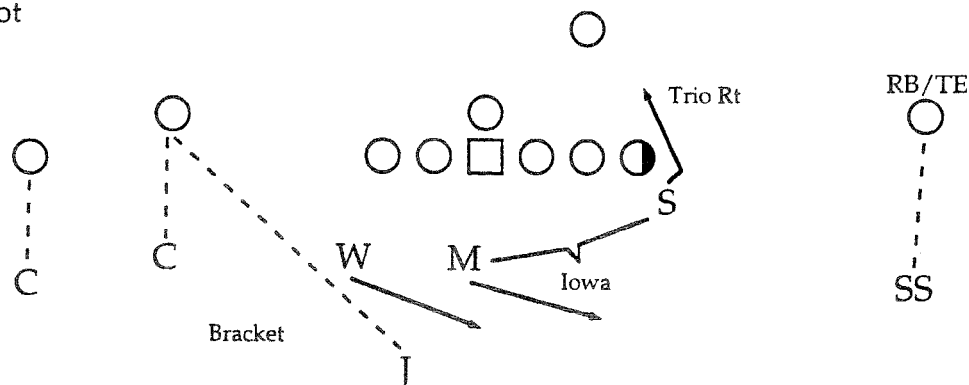
Bracket off of 1 Switch

Switch Rt
Trio Lt - SS Now Bracket



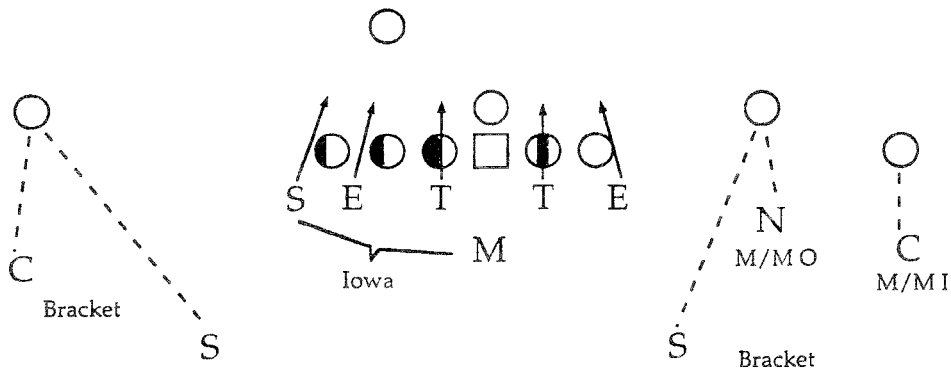
SS - Bracket
Z - Slot or Motion

Slot Lt Wide 4 Spot
Raider



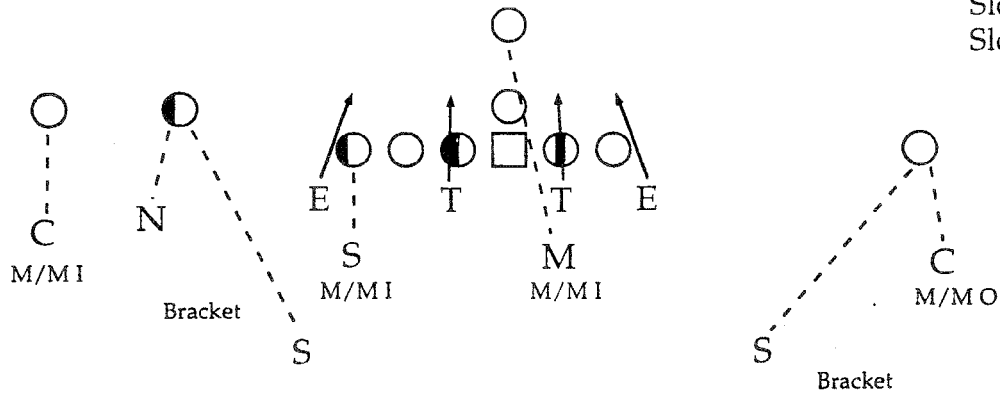
Poppy Rt Slot
Lion

Motion to Trips
Bracket Slot & X

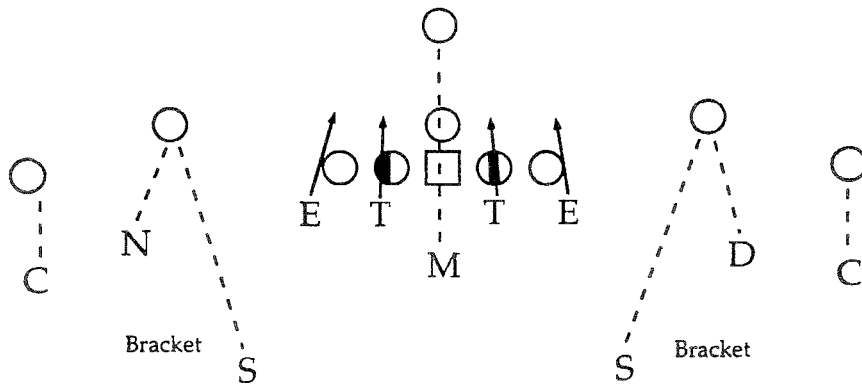


Poppy Trips Lt
Lion

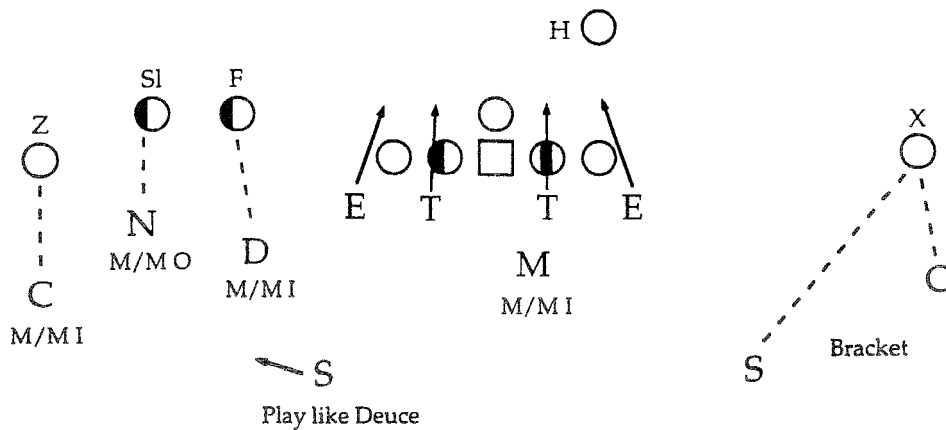
Slot Motion - Bracke
Slot and New X



4 Wides
Lion



4 Wides Trips Lt
Lion

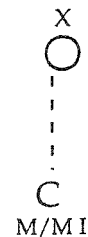
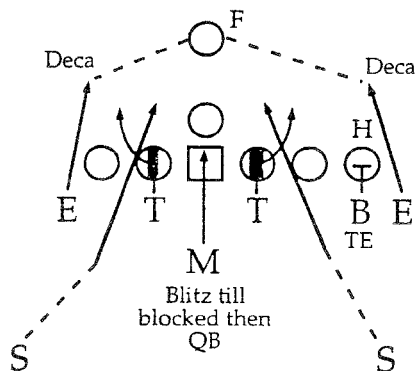
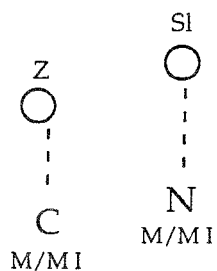


Nickel/Dime Double Thunder Deca

6

Poppy Slot Lt
(Raider)

DE's Deca

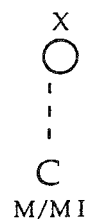
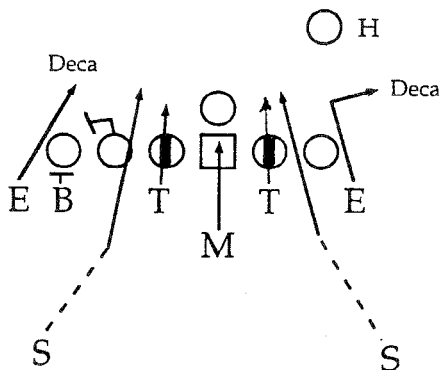
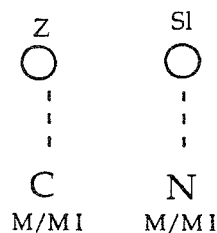


Safeties show
Dbl Bracket
look

DT's widen
late

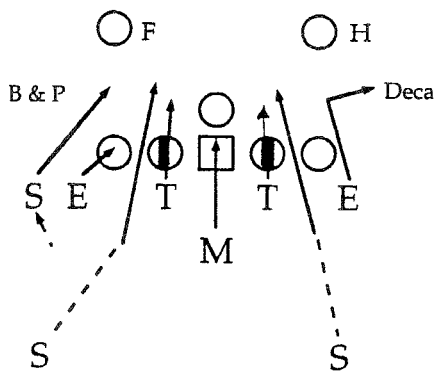
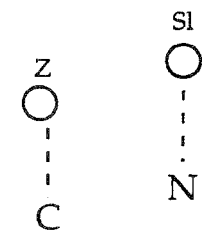
Poppy Trips Lt
(Lion)

Secondary
Alert Sight Adjus



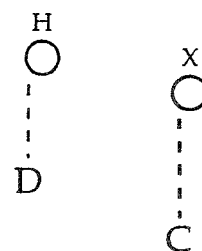
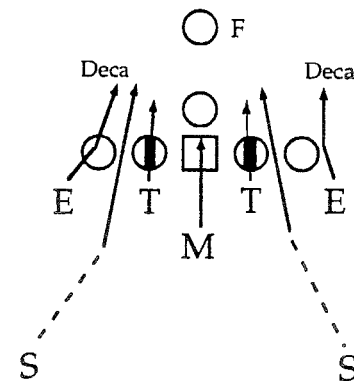
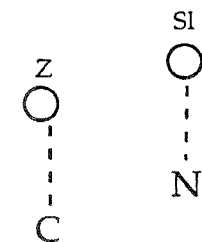
Shut LB - Bronco vs TE

Pro Lt
(Lion)



Vs Ghost - Safety to side of Ghost motion cover - DE rush (Me call)

4 Wides
(Lion)



Note: If Back is 2/4 Spot - may blitz and spy back with Mac LB (Game Plan)

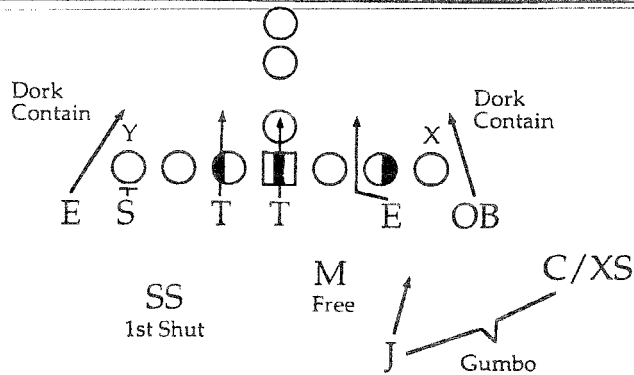
Match Up 56 Bronco Open I Pinch

1

2 Tite I Left
Lion



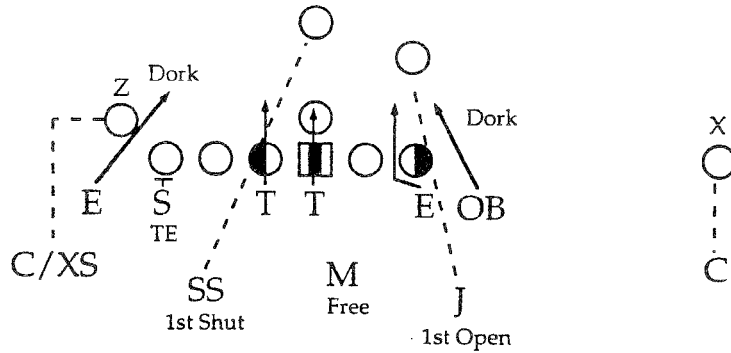
Z
C
M/M I



Mac - No Pass Cov
help on crossers

Safeties - Flow away
think cutback

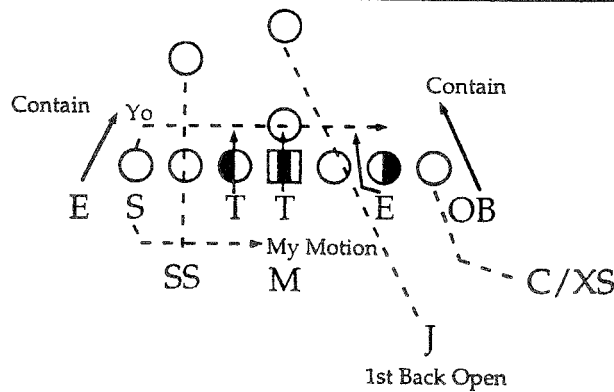
2 Tite Tan Lt Wing
Lion



2 Tite Black Lt Yo
Lion



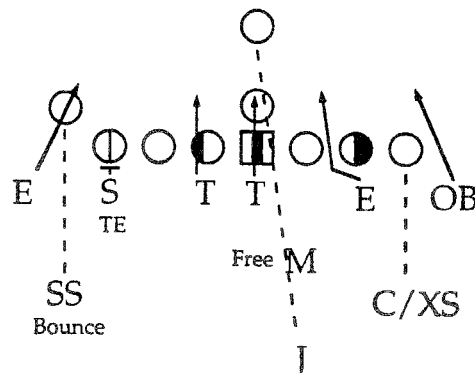
Z
C
M/M I



Heavy Trips Lt
Lion



Z
C
M/M I

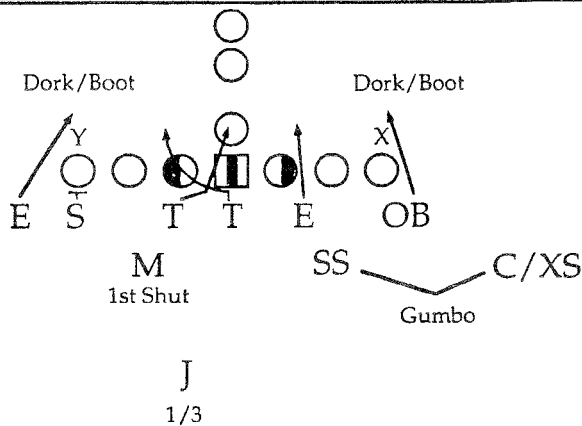


2 Tite I Lt
Lion

Stunts:
ISX-Change

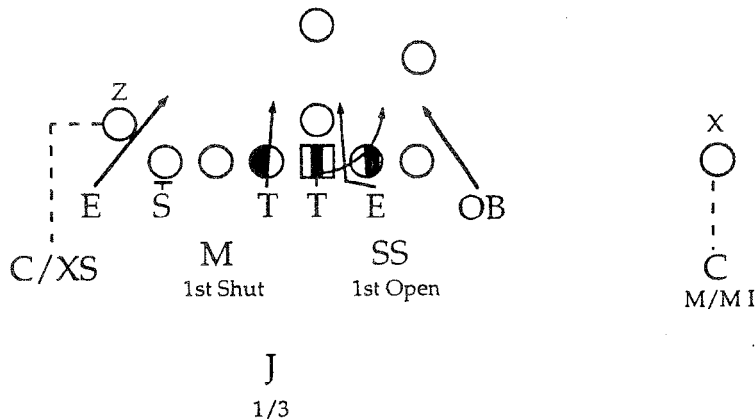
Z
○

C
Press
M/MI



2 Tite Tan Lt Wing
Lion

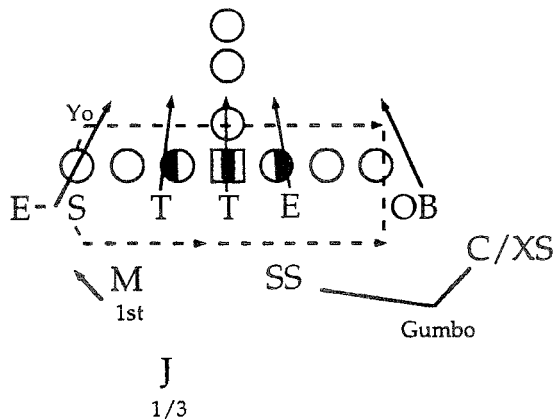
Stunts:
X-Change



2 Tite I Lt
Yo Motion
Lion

○

C
M/MI

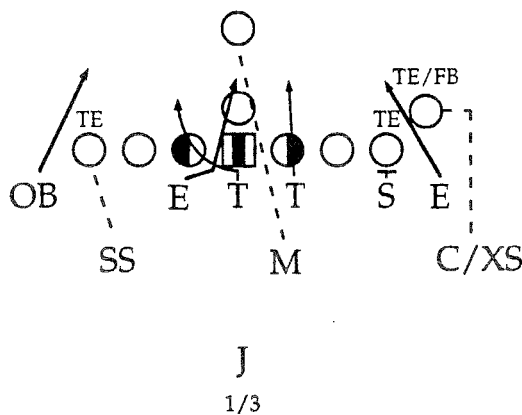


Heavy Lt Wing Rt
Raider

Stunts:
X-Change

Z
○

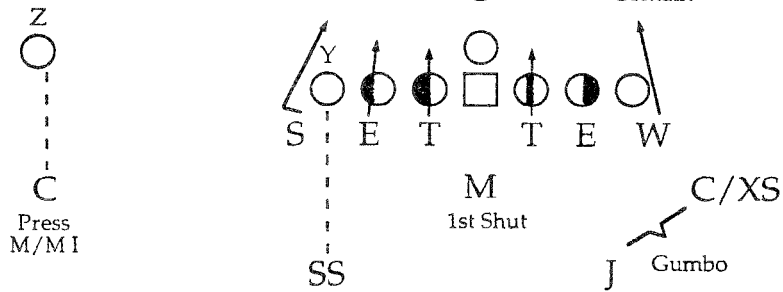
C
M/MI



2 D's vs 2 Tite

2 Tite I Left
Lion

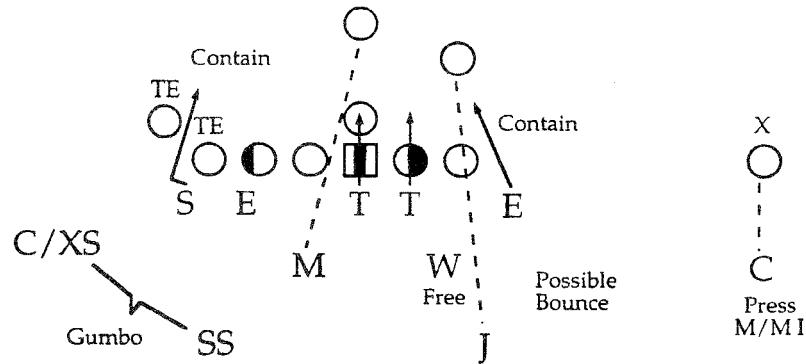
43 Bull 2 D



2 Tite Tan Lt Wing
Lion

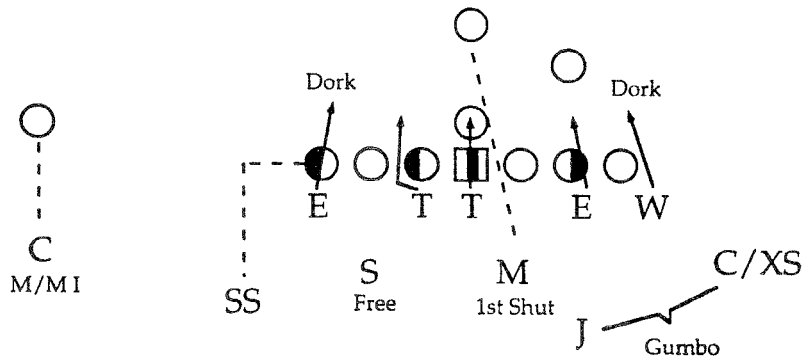
54 2D Stay

Stay = Will LB
no coverage in 54



2 Tite Tan Lt
Lion

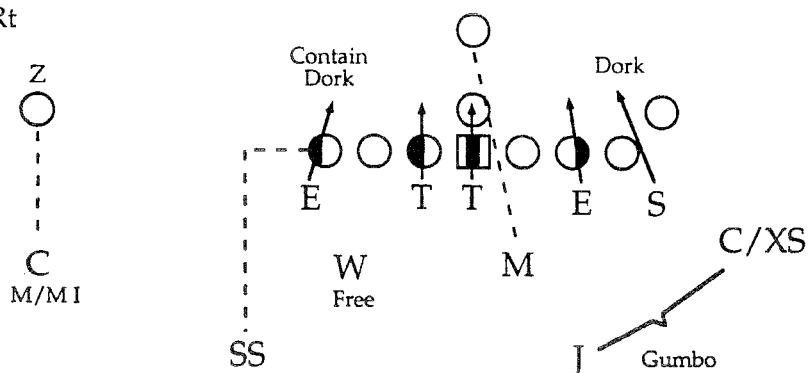
56 Stud 2D Stay



May also run 43 Spike Gap Willie 2D

Heavy Lt Wing Rt
Raider

54 2D Stay



Stay - OLB off the ball. No Blitz/No Coverage - Go to ball

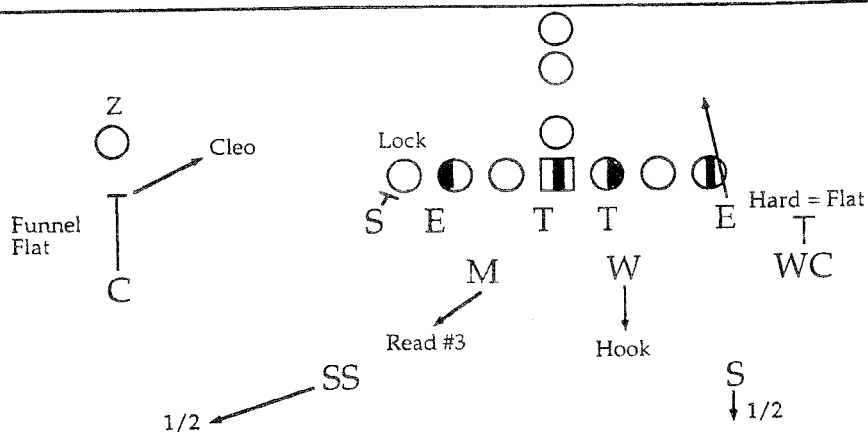
Cover 2/3 Cloud Anchor vs 2 Tight or Heavy

4

2 Tite - I Lt

WDC - Possible Cat
with no Near Back

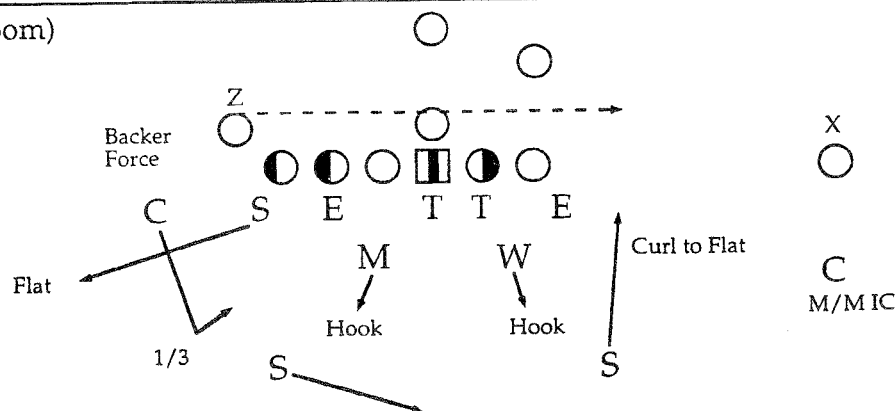
Fly Weak Outside
Ck Cover 2



2 Tite - Tan Wing (Zoom)

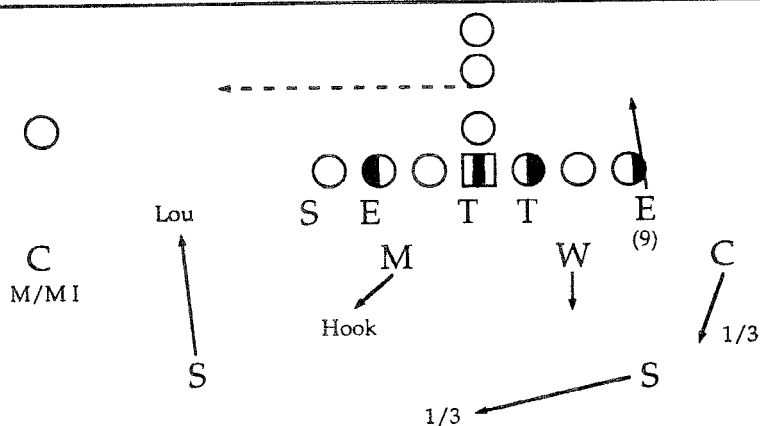
2 Cloud to Rose

Treat like Motion
to Slot Ck 3



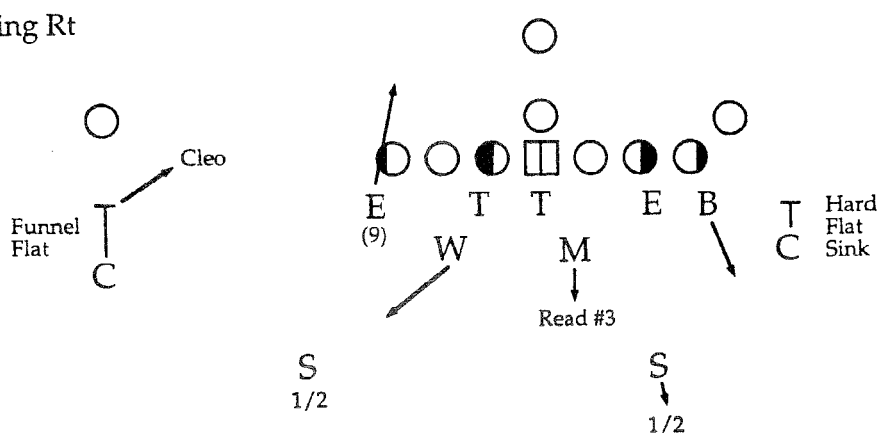
2 Tite - I Lt F Str

Trips = Lou or Steeler Lt



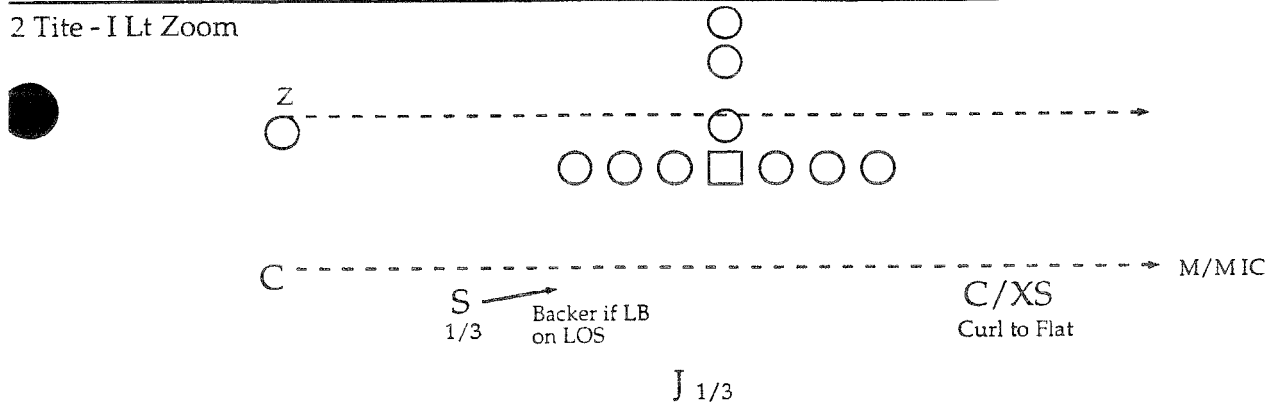
Heavy Lt Wing Rt

Motion to Trips = Lou/Rose
or Steeler Rt/Lt

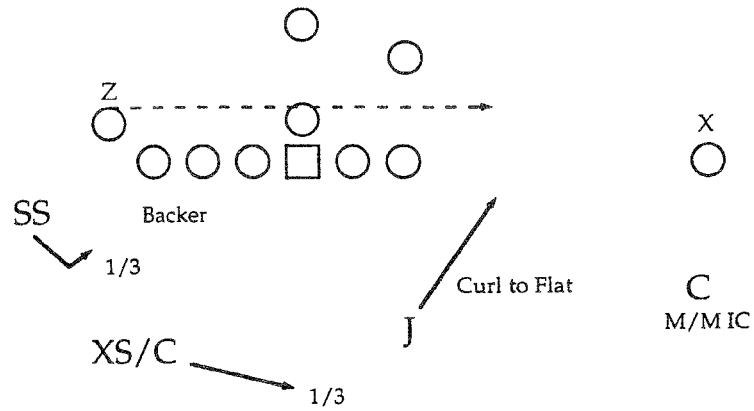


Cover 3 Adjustments to 2 Tight or Heavy

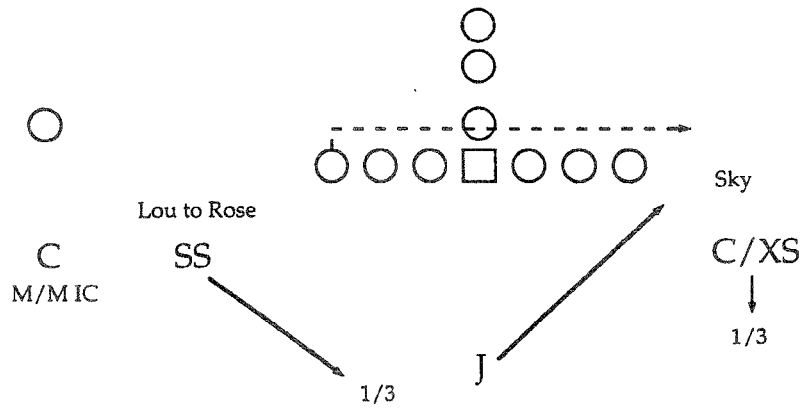
2 Tite - I Lt Zoom



2 Tite - Tan Wing Lt (Zoom)

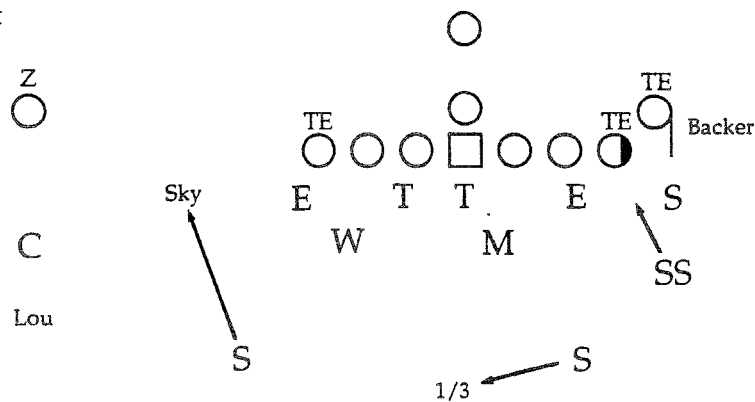


2 Tite - I Lt Yo



Heavy Lt Wing Rt

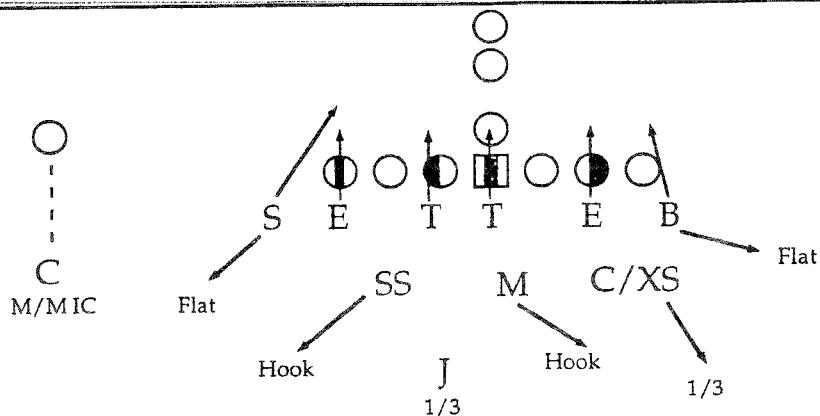
Raider



Lion or Raider to 2 TE side

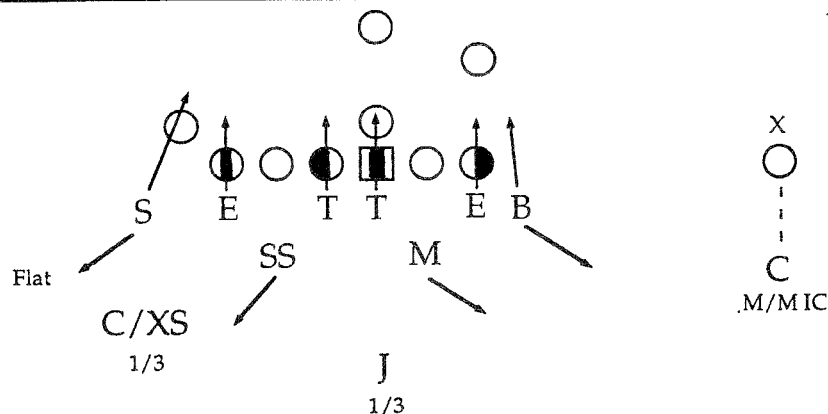
2 Tite I Lt
Lion

Zoom - CB Adjust
Variation - ISX Change



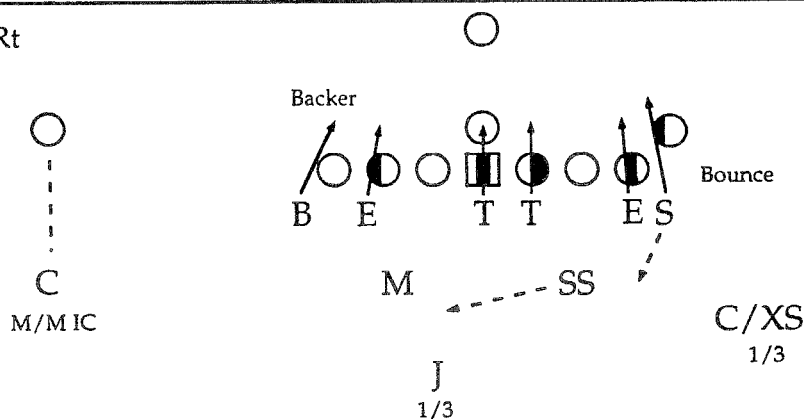
2 Tite Tan Lt Wing
Lion

Wing Zoom - Play It

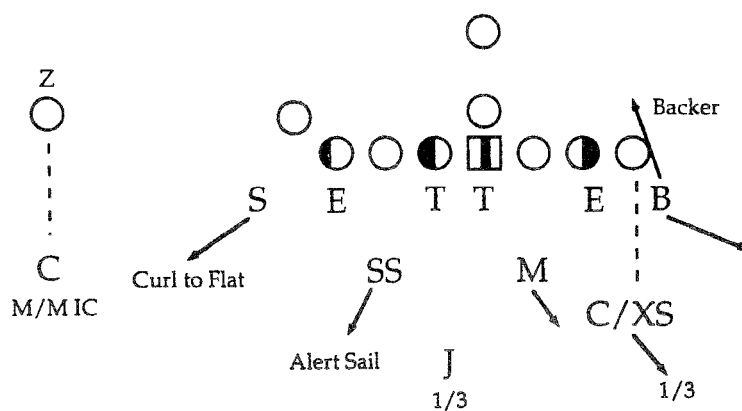


Heavy Lt Wing Rt
Raider

Wing Fly Strong
Shut LB & SS Adjust

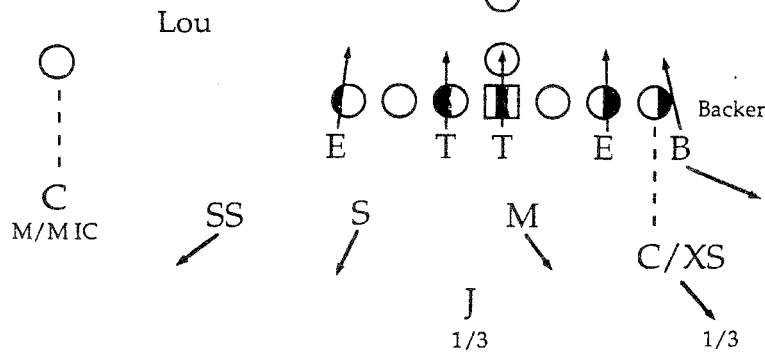


Vs Wide Trips
Check Stud
SS Widen



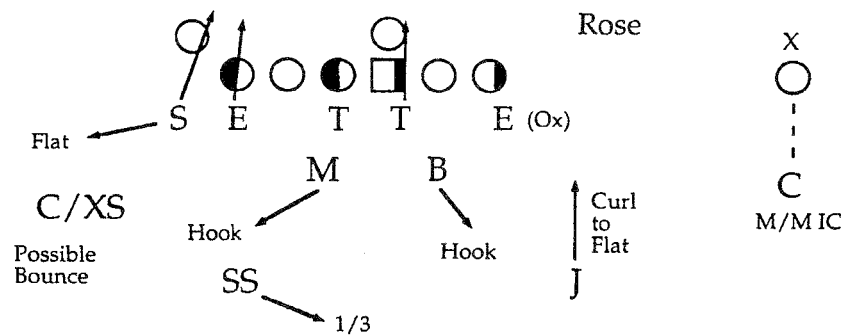
2 Tite I Lt
Lion

Ck 56 Stud Cov 3 vs
2 Tite on Line



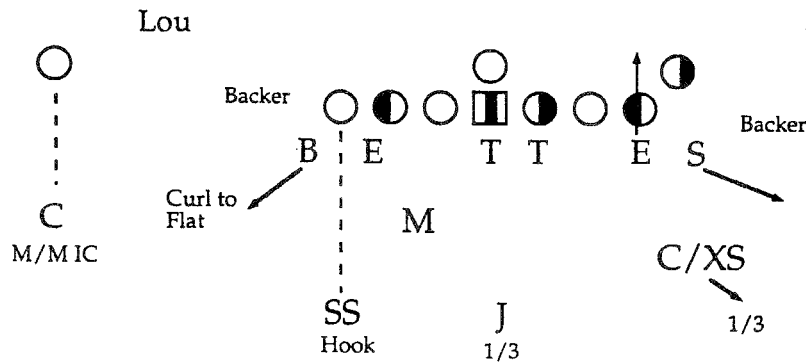
2 Tite Tan Lt Wing
Lion

56 Stud Over
Open Zone



Heavy Lt Wing Rt
Raider

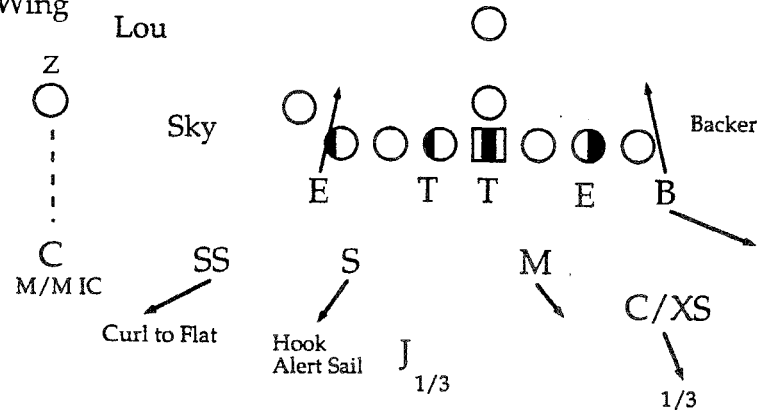
Ck 56 Stud
Cov 3



Stud LB
"7" call & adjust to Wing

Heavy Trips Lt Wing
Lion

Ck 56 Stud
Cov 3



Short Yardage Defense

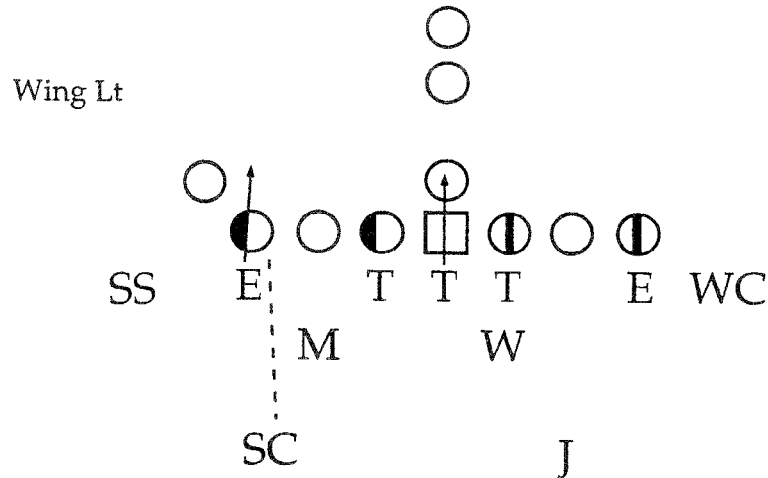
1

52 Personnel:

5 Defensive Linemen

2 Linebackers

4 Defensive Backs



Def Ends -

9 Technique to Wing side.

8-7 Technique away from Wing. Adjust alignment to Wing motion.

Def Tackles -

3 Technique to Wing or Backs (Game Plan).

2 Technique away. Knock Center back into cutback lane.

Disguise alignment - move late. Adjust alignment to Wing motion.

Mac LB -

4 Alignment to side of Wing.

Put Near Back on inside pad vs Lead.

Flow to - C gap. Force ball back inside.

Flow away - A gap to ball

Will LB -

Vs I Formation - Wing away, Stack behind your Defensive Tackle.

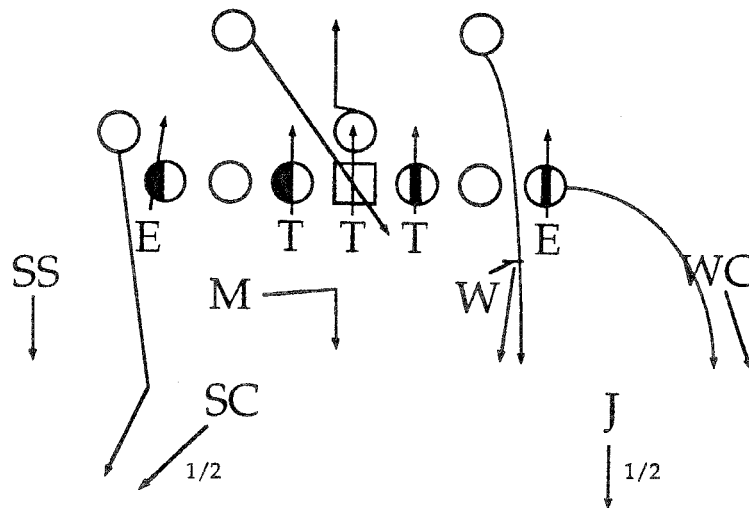
Vs Near Back - Put Near Back on your inside pad.

Flow to - C gap. Force ball back inside.

Flow away - A gap to ball. You must read Cutback or Split flow play.

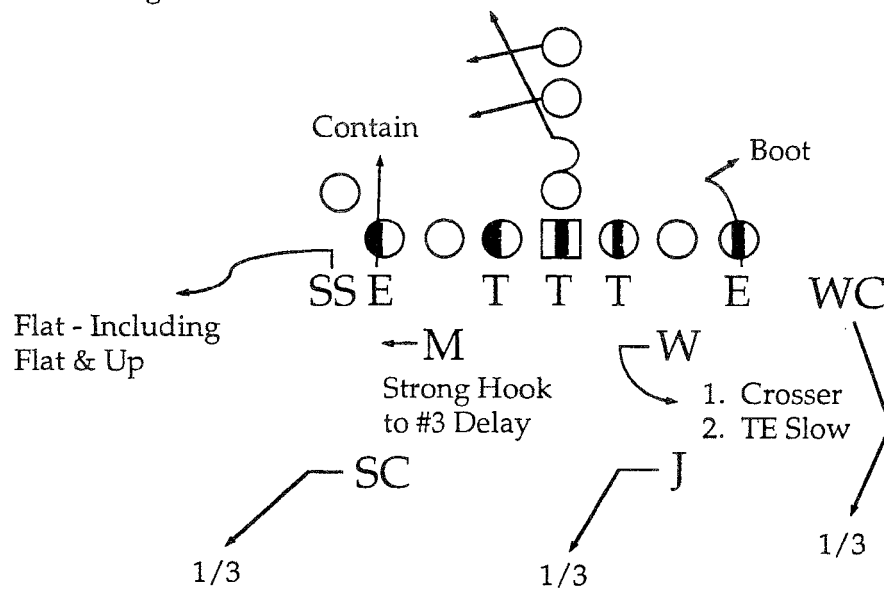
- SS (Sam) - Key thru Wing to Near Back.
 Flow to - Force thru outside shoulder of Wing. Contain.
 Flow away - Sink to Deep 1/3.
 Pinch call - Attack inside shoulder of Wing. D gap. Bounce play outside.
- Weak Corner - Key thru TE to Near Back.
 Flow to - Force. Put lead blocker on your inside pad. Contain.
 Flow away - Sink to Deep 1/3.
 Pinch call - Attack inside shoulder of lead blocker. Bounce play.
- SC to Wing Side - Key Wing/TE combination - Play pass first.
 Flow to you - Play outside 1/3 first. Fill late on run.
 Flow away - Deep middle and protect backside Post or Corner by TE or Wing.
- Jill - Align away from Wing.
 Flow to you - Play outside 1/3 your side. Fill late on run.
 Flow away - Deep Middle 1/3. Look for Post and Seam routes.
- **Secondary vs Flow Strong or Flow Weak we are rotating a 3 Deep to side of Flow**

2 Tight
 Red Lt Wing

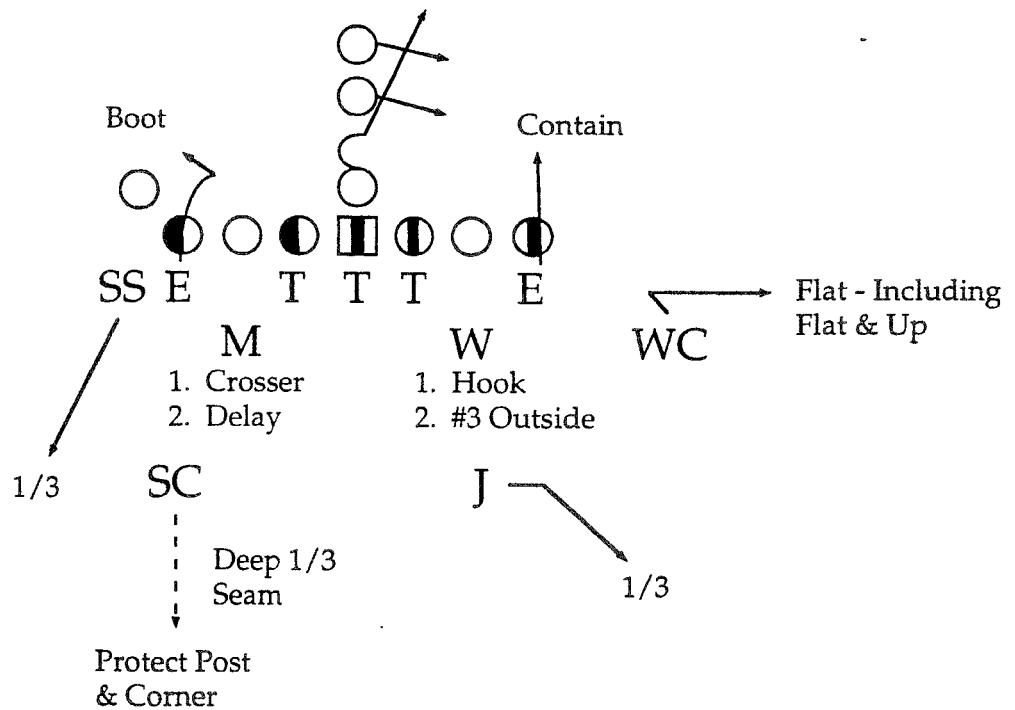


Vs Red Formation in Short Yardage, be aware of Trap Pass - This is Split Flow play - stay Cov 2.
 Will or Mac run thru RB trying to release thru line then cover him.

Flow Strong

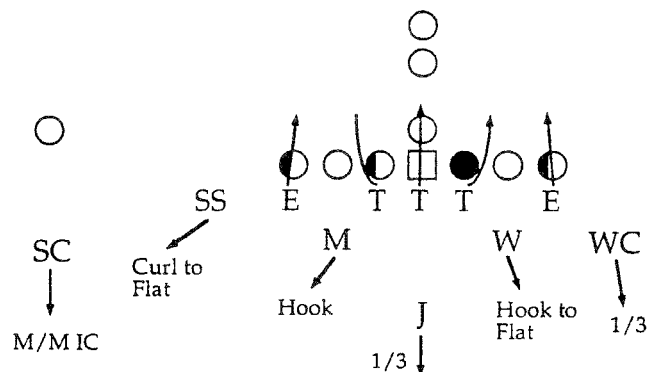


Flow Weak



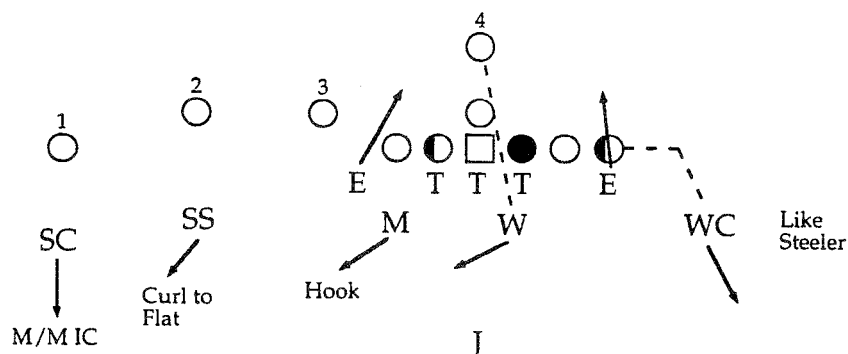
1. Flanker

- A. Corner adjust; Sam move to "Sky" Alignment
 B. Check Lou/Rose



2. Broken Sets

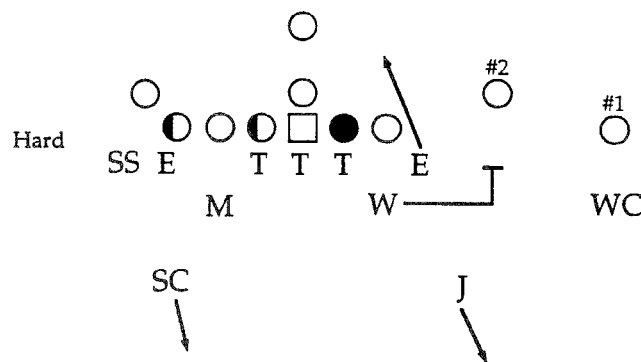
- A. Strong Side: Corner adjust to 1st receiver outside. Sam adjust to #2. Mac adjust to #3.
 B. Coverage = Cover 3 Sky



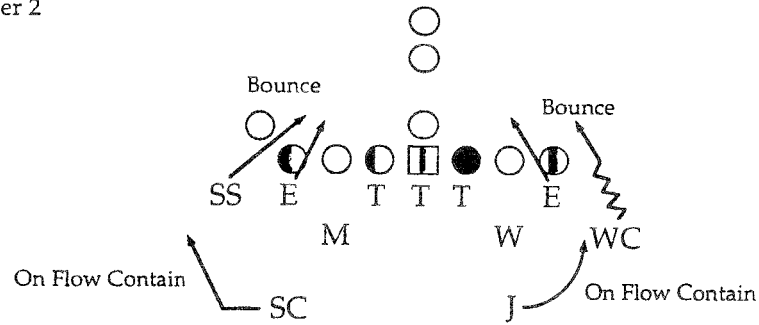
*Alert picks with #'s 3 or 4 in Flat. Onside End - Strong upfield rush to contain QB.

3. Weakside:

- A. WC adjust to #1. Will LB adjust to #2. Check Cov 2 Read.
 B. Wing Motion to Trips = Check Lou/Rose to Cover 3 Sky.



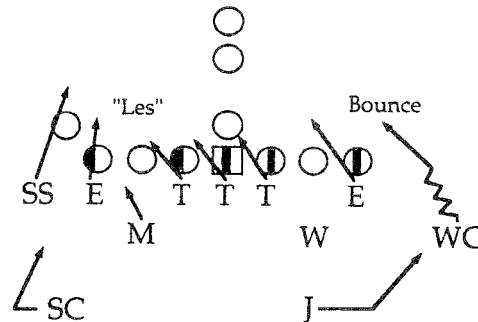
1. 52 Pinch Cover 2



Sam: Inside Wing - Bounce.
 Backers: Adjust Scrape responsibilities.
 End: Pinch Technique

2. 52 Slant Cover 2

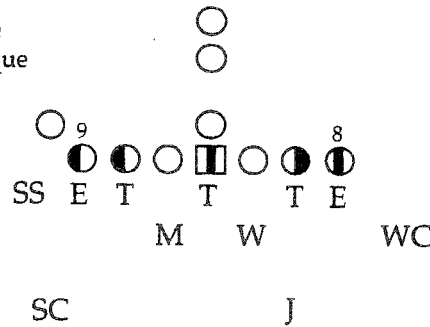
A. Les = Left
 B. Rod = Right



*If slanting to Wing, we adjust Les to Rod with Wing motion.

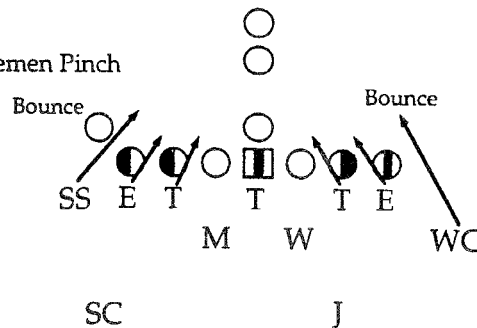
3. 55 Cover 2

A. Ends: 9 Technique
 B. Tackles: 5 Technique
 C. Backers: B Gap



4. 55 Connie Cover 2

A. Connie = All 4 Linemen Pinch



5. Optional Fronts

43 Tite; 43 Connie; 43 Wide; 43 Slant

San Diego Chargers Goal Line Defense

General Guidelines

1. Defensive Linemen

Stay low – attack, create a new line of scrimmage, know the location of the Wing.

2. OLB's

Goal Line Coverage – Attack outside shoulder of TE. Don't allow easy outside release. Squeeze Off Tackle. Contain Play Action Pass.

Scrape, Blitz, Double Cat – Whip and cover TE. Run or pass get hands under his armpits. Don't disengage too quickly.

Backer – Cover 1st Back out. Contain outside run.

3. Mac and Will

- Align 4 yds deep – don't get caught up in line.
- Align on outside shoulder of Near Back – No NB align in B gap.
- Key and mirror Near Back thru the Onside Guard. Attack and destroy lead Back. Put blocker on inside pad. Guard Pull – Read and go with Guard pull regardless of flow.
- Stay inside out on ball carrier on flow away. Alert Cutback.
- Be precise and quick on your key and reads. Be excellent tacklers.
- Call out Wing location.
- If Safety bounces play – scrape inside out to ball.

4. Safeties

The Safeties will align Lt and Rt. The Safety to the side of the Wing is the Strong Safety. The Safety away from the Wing is the Weak Safety.

a. Strong Safety

- Key thru Wing to Near Back. Sky Force (Contain)
- If OLB is on inside stunt attack Wing's inside on run and bounce running play wide. If Play Action develops cover Wing.
- Cover Flat unless Double Cat or Backer call.
- Flow Away – Squeeze TE your side outside in.

b. Weak Safety

- Key thru Near Back – Sky Force – Squeeze running lane.
- If OLB is on inside stunt bounce running play outside.
- Flow To – Contain run – Cover 1st in Flat. Sink on TE corner.
- Flow Away – Check Dork, TE Delay, then look for crossing routes to you.

c. Tough Corner

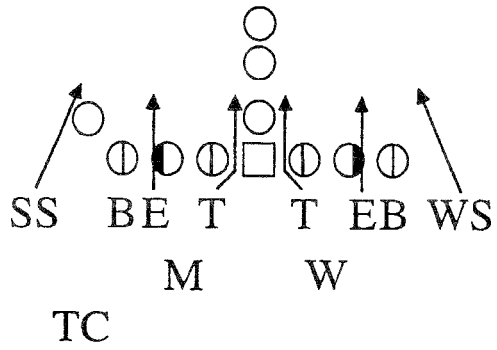
- Align 4 yds off ball key TE/Wing combination.
- Cover Wing m/m – Run with motion. If Wings picks OLB – Cover TE, OLB will cover Wing.
- Flow To – Fill on ball.
- Flow Away – Cutback once ball is handed off.

Goal Line Alignments

<p>Wing Lt Lion</p> <p>SS B E T T E B WS</p> <p>M W</p> <p>TC</p> <p>LB 4 yds deep</p> <p>60 (used for stunting)</p>	<p>Wing Lt Lion</p> <p>SS B E T T E B WS</p> <p>M W</p> <p>61 Goal Line Base Alignment</p>
<p>Wing Rt Raider</p> <p>WS B E T T E B SS</p> <p>W M</p> <p>TC</p> <p>62 Goal Line</p>	<p>Wing Rt Raider</p> <p>WS B E T T E B SS</p> <p>W M</p> <p>TC</p> <p>63 Goal Line</p>

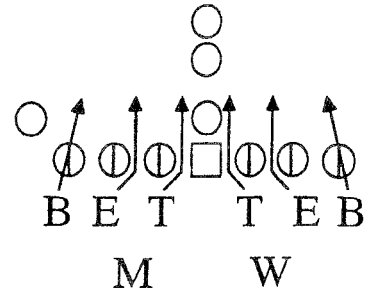
Goal Line Charges

Lion



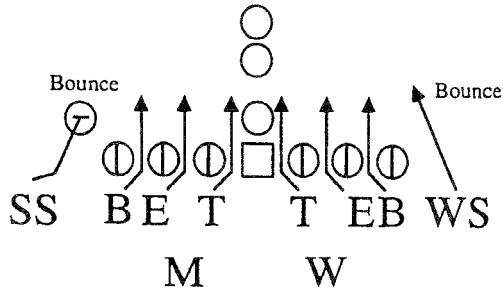
60 Tite

Lion



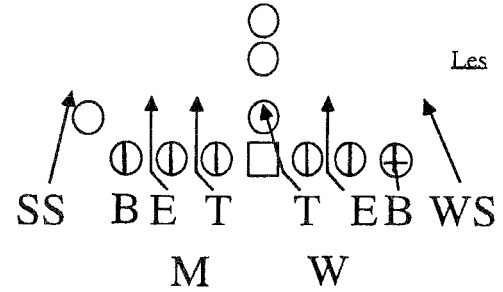
60 Pinch

Lion



60 Connie

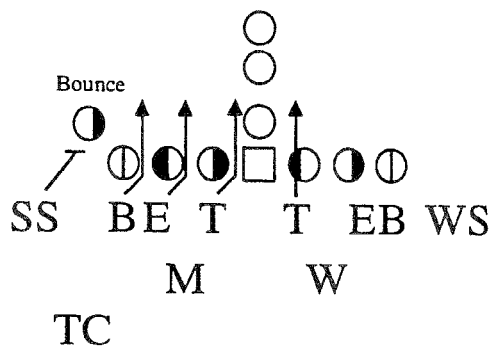
Lion



60 Slant

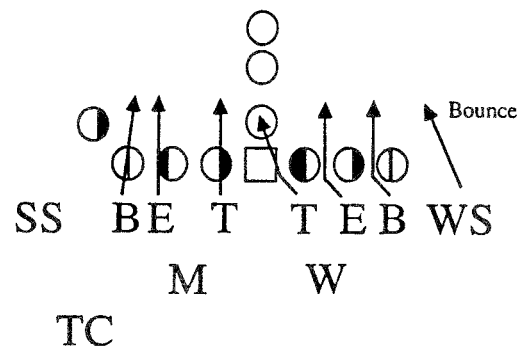
Les or Rod

Lion



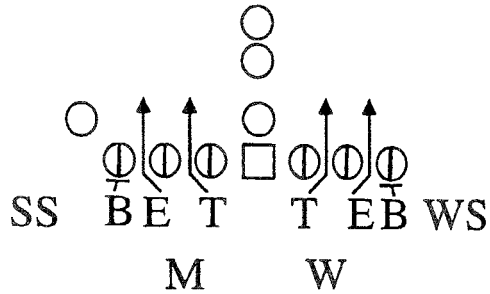
61 Susie

Lion



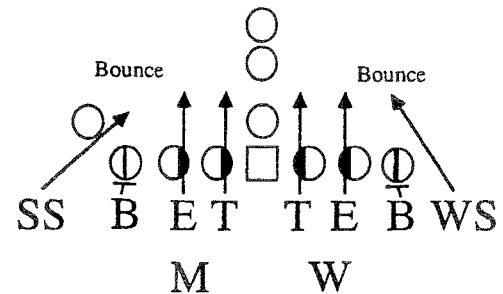
61 Willie

Lion



60 Wide

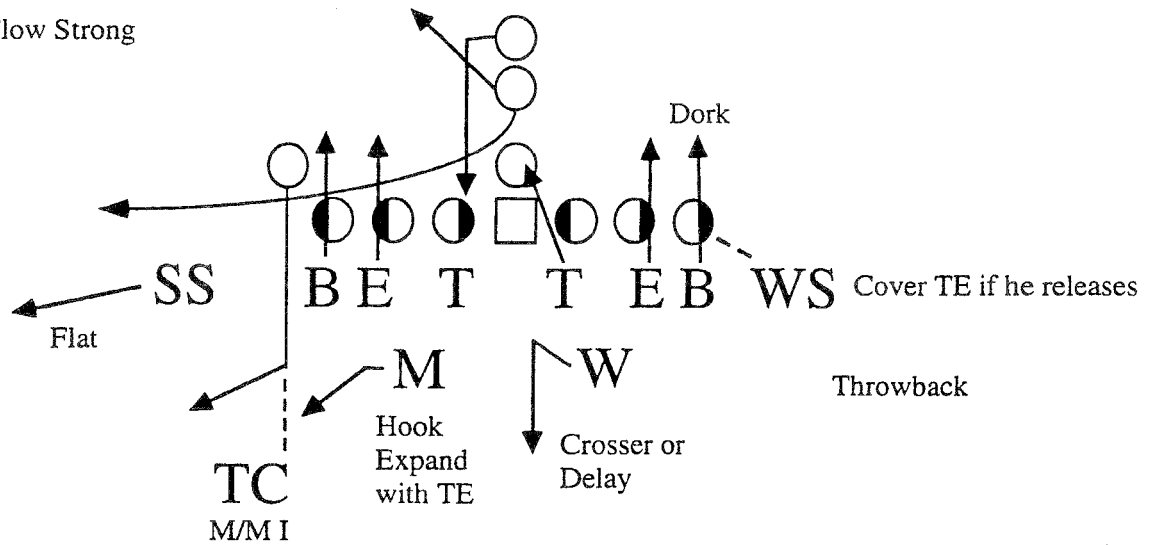
Lion



62 Wildcat - A Double Cat with Bounce concept

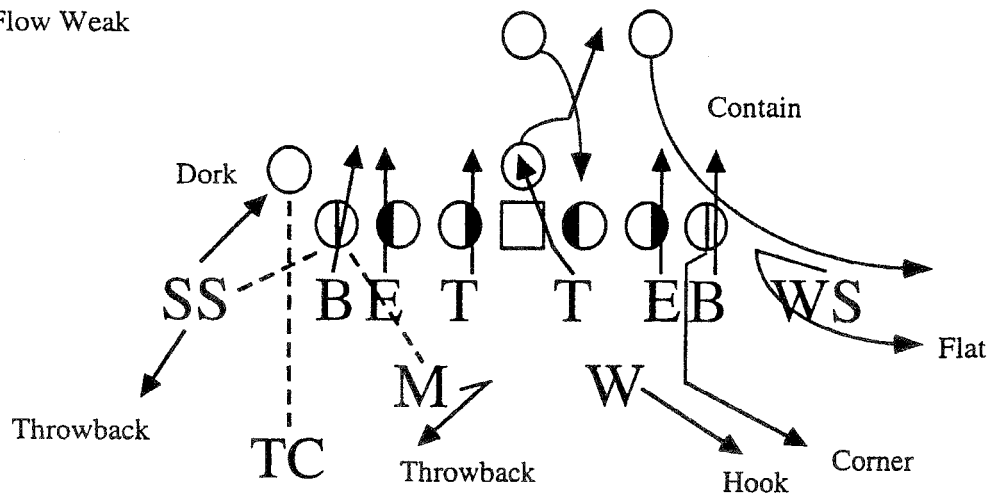
61 Goal Line Coverage

Flow Strong

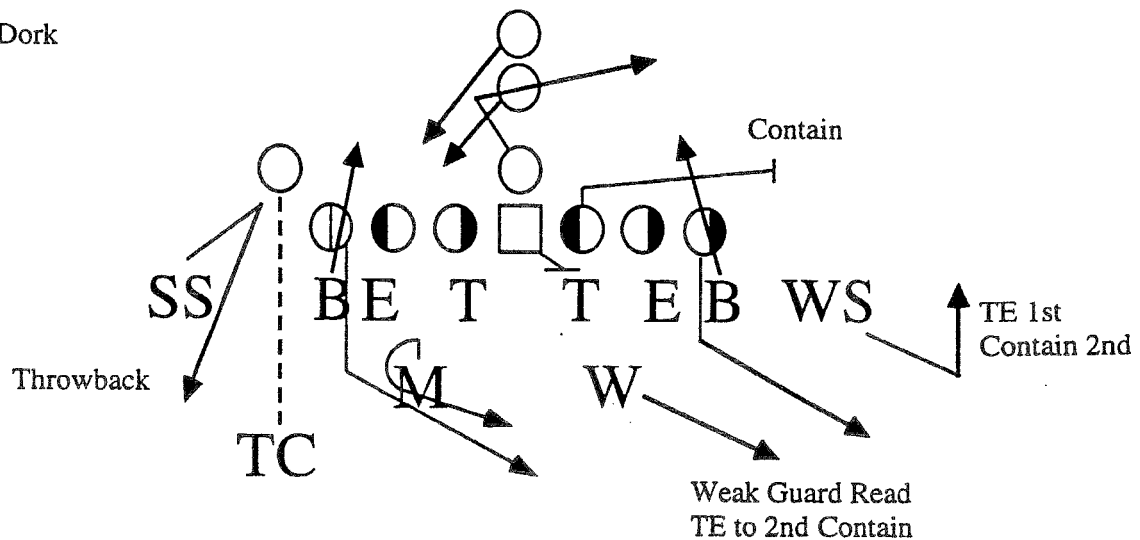


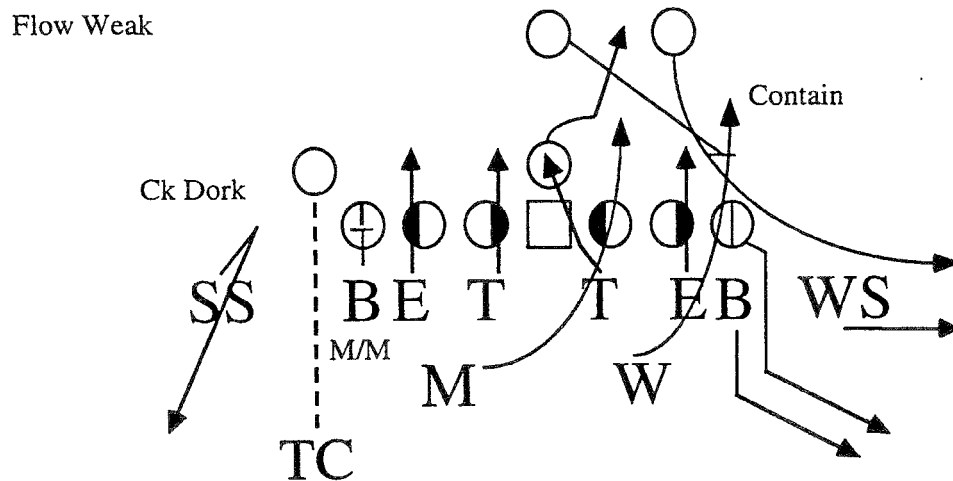
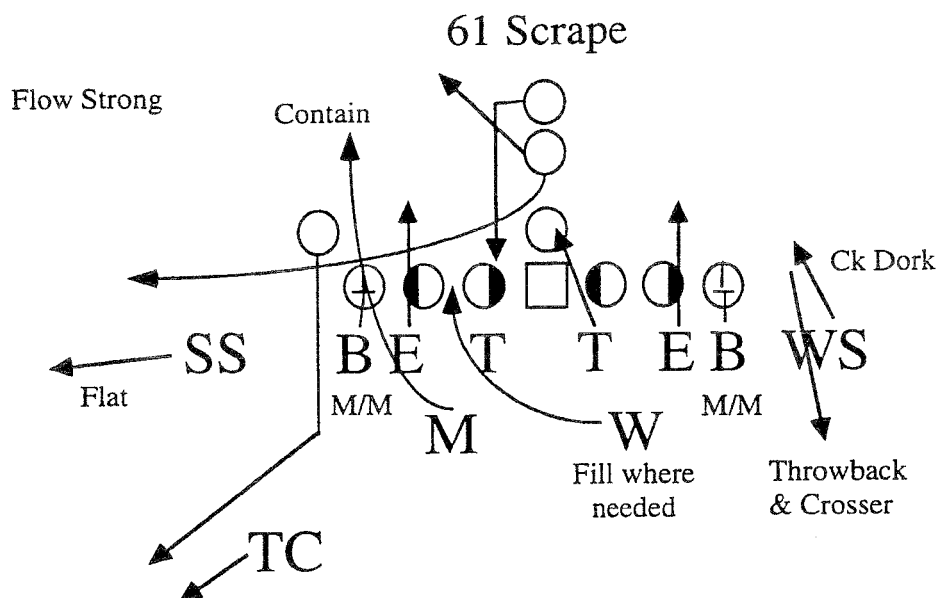
**OLB's run thru TE - Flatten their release

Flow Weak

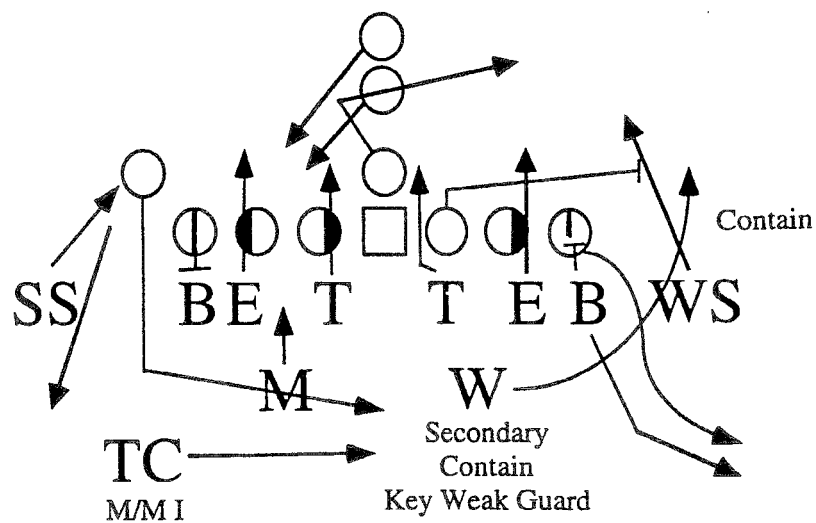


Dork



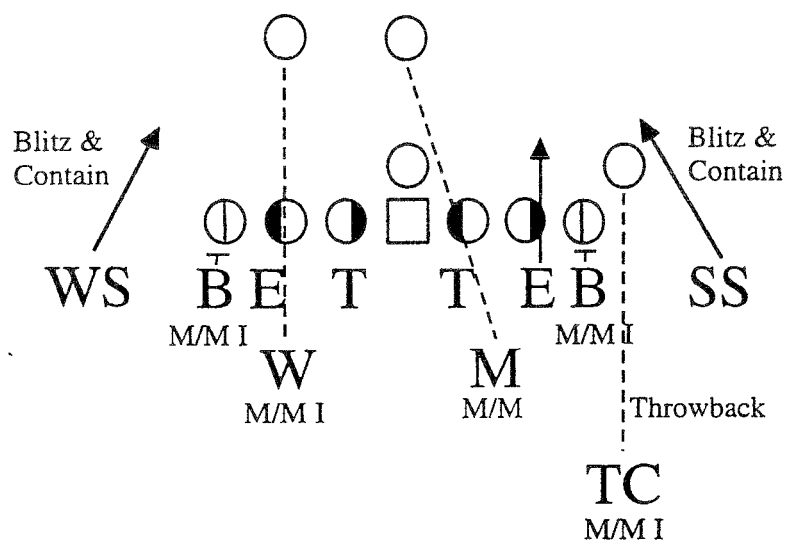


Dork



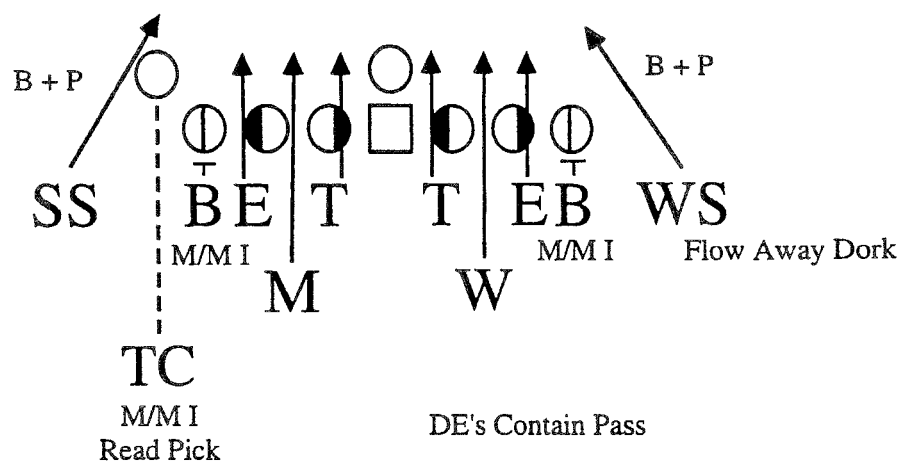
WS - If Cross Fire Dork cover man to your Flat. Will LB contain

D

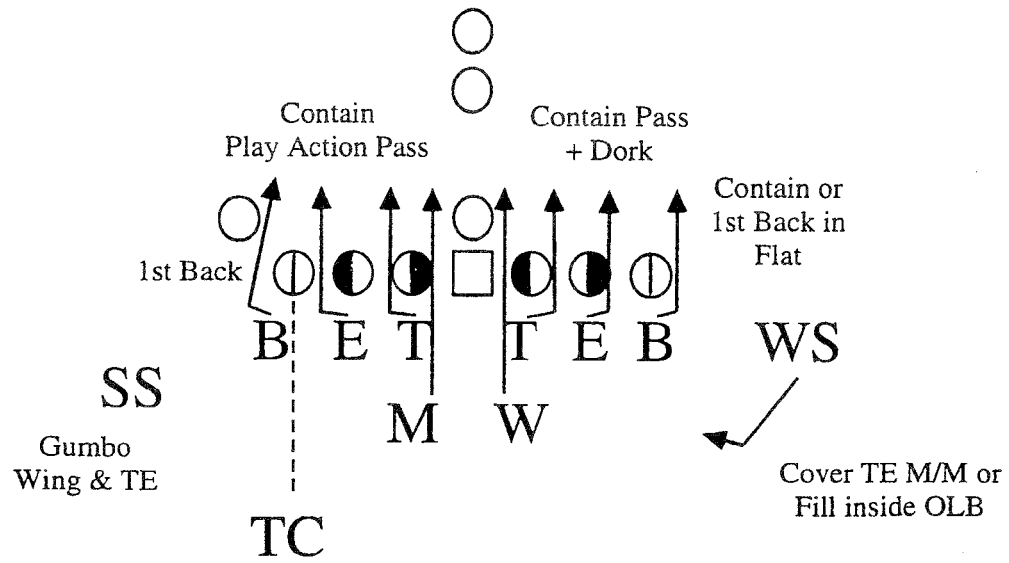


D

DT's - Tite
DE's - Step to C gap. Contain QB
on Play Action Pass & Dork



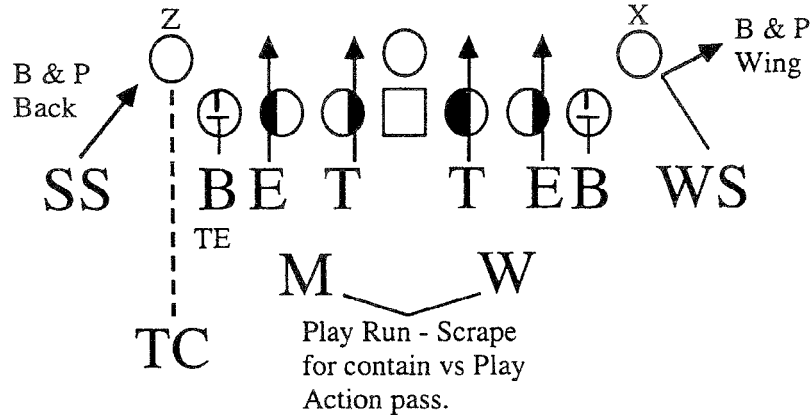
61 Wide Blitz Backer Cov



Formation Adjustments

61 Scrape

Jumbo
Double Wing Lt

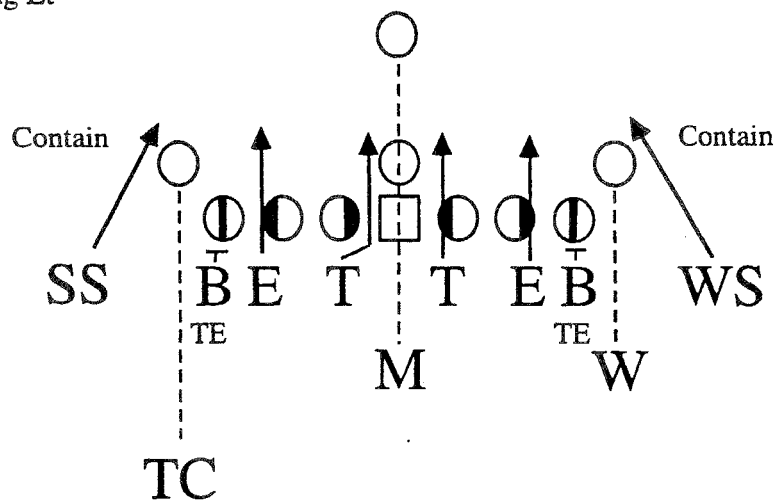


TC - Adjust with Wing Motion. If X Motion LBers slide to Trips side.

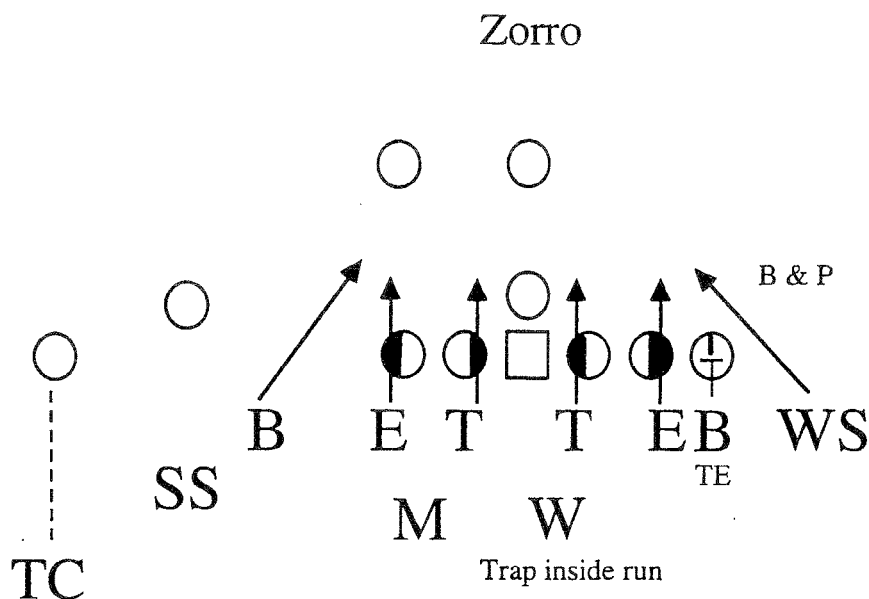
Vs Double Wing look we will only play 61 Scrape or 61 Double Cat. If any other call is made we will check to one of those calls based on our weekly game plan.

61 Double Cat

Jumbo
Double Wing Lt



TC & Will adjust with Wing Motion



If the offense breaks the formation and aligns in a Tight Pick type set we will - Check Zorro.

Formation Adjustment Rules

1. #1 widens - TC adjust - play defense called.
2. #1 & #2 widens - Check Zorro - Zorro call puts defensive line in 61 gap - all blitzes and Cats are off.

To the side of the pick formation we will play Zone.

To the backside we will play 61 Scrape rules.

TC - SS - M Cover Rules - Zone concept

If your man releases upfield or outside cover him until you are picked, then cover next man outside. If your man releases inside cover him until an inside man crosses your face. When picked cover pivot route by pick man.



NATIONAL FOOTBALL LEAGUE

Paul Tagliabue
Commissioner

1997 MESSAGE TO NFL PLAYERS

Every year we ask our Competition Committee to study the overall state of the NFL game on the field.

Once again the news this year was positive. "The NFL game of football is in excellent shape," the Competition Committee reported. "The quality of our athletes and coaches, combined with rules carefully balancing offense and defense, is producing a high degree of action, excitement, and drama during the NFL season."

The extraordinary skill and dedication of NFL players are the foundation of our sport. On behalf of everyone in the league, we thank you and look forward to working with you to make the game even better.

There are many challenges ahead. For example, while the NFL game and fan interest both remain very strong, an undercurrent of discontent among some sports fans must be recognized and addressed. Too many fans today perceive sports leagues, teams, and players as irresponsible in their conduct both on and off the field. Together, we must confront the issue and conform our behavior to exacting and respected standards.

On the field, the safety of all players continues to be a high priority. Unnecessary hits that fall outside the rules will not be tolerated. This applies to unnecessary tactics by defensive and offensive players. Other key standards of NFL professionalism and sportsmanship also will be emphasized. You should be aware that disciplinary action will result from on-field fighting and other unsportsmanlike actions, including taunting of opponents, abuse of game officials or fans, and public displays of obscenity.

Off the field, we must earn the ongoing respect of our fans by conducting ourselves as responsible citizens. Through NFL Player Programs in my office and at your clubs, we have an extensive support system in place to help you and your families respond to a wide range of issues. In addition, I urge you to cooperate professionally with the news media and give some of your time to community service. These are two important ways to show respect for the people who support our game.

The NFL's success depends on all of us playing by the rules. I ask you to join me in renewing your commitment to standards of conduct on and off the field that ensure the NFL will continue to be America's most popular sport.

Best wishes for a healthy and successful 1997 season

-1-

League Discipline

In addition to the discipline that your club may impose (see *Maximum Club Discipline Schedule* elsewhere in this playbook), you are subject to the separate authority of the Commissioner for violations of National Football League rules and policies.

The Commissioner may impose fines and other appropriate discipline, up to and including suspension or banishment from the League, for certain misconduct on the playing field, as well as for conduct detrimental to the integrity of or public confidence in the NFL or the game of professional football. In accordance with the 1993 Collective Bargaining Agreement, discipline involving unnecessary roughness or unsportsmanlike conduct on the playing field with respect to opposing players will be determined initially by a person appointed by the Commissioner after consultation concerning that appointment with the Executive Director of the NFL Players Association.

Some of the types of offenses which fall under the disciplinary authority of the Commissioner or, where appropriate, his designee are: betting on NFL games, associating with gamblers or engaging in gambling activities, accepting a bribe or failing to promptly report a bribe offer (see the page entitled *Gambling* elsewhere in this playbook); improper use or circulation of drugs or other drug-related misconduct (see *NFL Substance Abuse Policies* elsewhere in this playbook); commission of flagrant fouls, fighting or unnecessarily entering the area of a fight; or other game-related misconduct.

Attached to this page is important information on several game-related violations and procedures involving their handling in the 1997 season.

Repeated violations may entail higher fines, ejection and/or suspension.

National Football League 1997 Game-Related Discipline

This memorandum specifies several National Football League policies that govern game-related discipline and that apply to players and other club personnel during the 1997 season. You also receive League disciplinary policies through locker-room signs, training camp videos and other playbook inserts. You are responsible for knowing these policies and abiding by them.

League discipline for game-related violations during the 1997 season includes, but is not limited to, the categories listed on the attached fine schedule. First offenses are subject to League discipline. Discipline may be imposed without any prior warning.

Unless otherwise specified, dollar amounts listed are minimum fines. If appropriate, violations committed in prior seasons will be considered in determining the level of discipline. Fines for third offenses and beyond in the same season or based on prior seasons' violations will be established by the Commissioner or his designee on a case-by-case basis, and may increase substantially. In the alternative, suspension without pay may be imposed when deemed appropriate.

Discipline is not based solely on situations where game officials call fouls. In some cases a violation may be detected in post-game review of videotape.

1997 Fine Schedule

Fines listed are minimums unless otherwise specified. Other forms of discipline, including higher fines, suspension and banishment may also be imposed, based on the circumstances of the particular violation.

<u>Violation</u>	<u>First Offense</u>	<u>Second Offense</u>
<u>Offense Against Game Official</u>		
A. Physical Contact with Official	\$10,000	\$20,000
B. Verbal or other Non-Physical Offense Against Official	\$10,000	\$20,000
<u>Flagrant Personal Foul</u>	Suspension or fine, severity to be determined by degree of violation; the fine may be \$10,000 or higher for first offense.	
<u>Fighting</u>		
Fighting	\$5,000	\$10,000
Unnecessarily Entering Fight Area (active involvement)	\$2,500	\$5,000
Unnecessarily Entering Fight Area (no active involvement)	\$1,000	\$5,000
<u>Sportsmanship</u>		
Excessive Profanity; other Unsportsmanlike Conduct (e.g., toward opponent(s), game personnel, fans, etc.)	\$5,000	\$7,500
Taunting	\$2,500	\$5,000
Football Into Stands	\$2,500	\$5,000

1997 Fine Schedule

<u>Violation</u>	<u>First Offense</u>	<u>Second Offense</u>
<u>Uniform</u>		
Foreign Substances on Body/Uniform	\$5,000	\$10,000
Other Uniform/Equipment Violation	\$5,000	\$10,000
<i>Pro Line (see attached policy)</i>		
Preseason and Regular Season	\$10,000	\$20,000
Playoffs (Including Pro Bowl)	\$50,000	\$75,000
Super Bowl	\$100,000	

Discipline Summaries

Offense Against Game Official

Players, coaches, and other club personnel must maintain proper respect for game officials at all times. Offenses against game officials include: (1) physical contact with officials which is deemed aggressive, such as punching, shoving, grabbing or other intimidating contact; and (2) verbal or other non-physical abuse of officials, such as profanity and other abusive language or gestures. Offenses against game officials are strictly prohibited and will result in disqualifications, fines and possibly suspensions or banishment.

This policy applies at all game-day locations, including on the playing field, in the bench area, in tunnels, and in other stadium passageways. No player, coach, or other club employee is permitted to enter the game officials' locker room on game day unless granted specific permission by the referee.

Flagrant Personal Foul (Player Safety)

With the support of the NFL Players Association, the League has been increasing the emphasis on player safety. The goal is to eliminate unnecessarily dangerous tactics on the field while maintaining the clean, hard-hitting action that is the mark of our sport.

For this reason, you should pay particular attention to a special training camp videotape that clarifies rules about using the helmet and facemask against players who are in virtually defenseless positions—for example, a passer in the act of passing or a receiver attempting to catch a pass.

You, perhaps more than anyone, know the true meaning of the word *unnecessary* in the term *unnecessary roughness*, because you usually know when you are putting your opponent, and sometimes yourself, at unnecessary avoidable risk. No one wants you to play tentatively, but when you go "over the edge" with aggressive tactics that create risks of avoidable injuries to opposing players, you should expect to be penalized, fined, and/or suspended.

Remember, many of the rules are designed to protect not only the player who gets hit, but also the player who does the hitting. Protect your own neck and spine by keeping your head up so that you *See What You Hit*.

Fighting

The NFL policy on fighting is very simple: *Don't Fight, and If a Fight Breaks Out Involving Other Players, Stay Away.*

If you are challenged, walk away from the situation and continue playing football. Fights in the NFL are pointless and only lead to penalties, as well as possible fines and disqualification from the game — all of which hurt your team.

Keep in mind that even if you are not a participant in a fight, you will be fined for unnecessarily entering a fight area. "Peacemaking" won't be accepted as an excuse for entering the area; nor will coming to the defense or assistance of your fighting teammates. If you are already in the vicinity when someone else gets into a fight, move out immediately. If you are not near a fight, don't get close (this applies whether you are already in the game, entering for the next play, or located in the bench area).

If you unnecessarily enter a fight area, you will be fined whether your involvement is active or inactive. If your involvement is deemed active, you are subject to a higher fine. Active involvement includes, but is not limited to: creating a risk of injury for officials, players, game personnel or fans; interfering with a game official; contact with opposing players; abusive language or gestures; and other provocative actions that could aggravate the situation or lead to escalation of the fight.

Sportsmanship

Lack of mutual respect or other unsportsmanlike conduct will not be tolerated during games or at other times, including post-game interviews. This includes abusive, threatening, insulting or profane language or gestures, and abusive physical acts by coaches, players, and other club personnel aimed at opponents, officials, game personnel or fans.

Coaches and players should keep in mind that every NFL game is broadcast on radio and television, and that there are open microphones near the playing field as well as close-up camera shots that permit easy lip-reading by viewers. The League and its participants are severely criticized whenever obscene or profane language or obscene gestures are carried or shown on the air. Serious incidents of this kind will warrant disciplinary action by the League.

- *Taunting*

Taunting an opponent is a foul under NFL playing rules and will be called by the game officials (15 -yard penalty). In addition, the taunting player will be fined.

Any flagrant acts or remarks that deride, mock, bait, or embarrass an opponent are considered taunting. This includes, but is not limited to, spiking the football near a defender after a touchdown, shoving the ball at an opponent, or repeated finger-pointing. Remember, if you spike the ball near an opponent after a play, you risk being called for taunting even if you don't mean to taunt.

- *Football Into The Stands*

When a player unnecessarily delivers a football into the stands (by throwing, kicking, etc.) there is potential for crowd control problems due to the fans' eagerness to claim the souvenir. This act will result in a fine.

However, if the ball is handed or lightly tossed to someone in the stands near the perimeter of the field, and there are no crowd-control or safety issues, potential or actual, the involved player will not be fined.

On a related matter, physical contact with fans by players (e.g., a "high-five" by a scoring player with a fan along the edge of the field) will not result in automatic League fines. Such activity does, from time to time, constitute unsportsmanlike conduct, or presents crowd-control issues and risk of injury. In such instances, the player is subject to League discipline. Clubs are responsible for handling such situations appropriately within their normal stadium security operations.

- *Player Demonstrations*

Player demonstrations (e.g., end-zone dances) are not fouls under NFL playing rules and will not result in penalties by the game officials. However, if a demonstration constitutes taunting (see above), or if it is unsportsmanlike conduct or delays the game, a foul will be called.

Player demonstrations will be reviewed by the League office. If such an act is considered excessively unprofessional or in extremely poor taste, the involved player or players will be subject to fine.

- *Removal of Helmet – New Rule*

You should be aware that under a new rule in 1997, it is unsportsmanlike conduct for a player to remove his helmet after a play, other than if the player is in the bench area, a timeout has been called for reasons of injury, television break, charged team timeout, or between periods.

Uniform

- *Foreign Substances On Body/Uniform*

Since the use of foreign substances (e.g., stickum or slippery compounds) on a player's body or uniform involves a competitive aspect of the sport and can give a team an unfair advantage, game officials are authorized to remove a player from a game for this violation until it is corrected. In addition, the involved player will be subject to fine. If club personnel are implicated in the violation, they will also be subject to disciplinary action.

- *Other Uniform/Equipment Violations*

The 1997 Uniform policy, the 1997 Pro Line policy and the "Enforcement of Uniform and Pro Line policies are attached at the end of this document.

Game officials and a League representative will conduct a thorough review of all players in uniform during pregame warmups.

All uniform and Pro Line violations detected during the routine pregame check must be corrected prior to kickoff or players will not be allowed to enter the game. A violation that occurs during the game will result in the player being removed from the game until the violation is corrected.

Note that players whose equipment, uniform or Pro Line violations are not detected by game officials, who repeat violations on the same game day after having been corrected earlier, or who participate in the game despite not having corrected a violation when instructed to do so are subject to League discipline. *First offenses will result in fines.*

Bench And Field-Level Rules

Unauthorized entry into the first solid white six-foot border or the second six-foot border adjacent to it will subject players to fines. Crowding along the borders has resulted in officials being thrown off stride or knocked down while running along the border to cover plays.

Clubs and players are reminded that they are prohibited during the game from allowing into their bench areas persons not affiliated with the club or not serving a necessary game-day function. Thus, entertainers, athletes from other sports, player agents, politicians, and other public figures are prohibited in the bench area or elsewhere along the sidelines during a game – that is, from the opening kickoff to the end of the game. Relatives and friends of current or former players also are not allowed.

Clubs are subject to fines for violations of the above, including first offenses. For a first offense, the club will be fined \$7,500; \$15,000 for a second. Further offenses will bring substantial escalation.

Crowd Control And Security Measures

All NFL clubs are responsible for implementing adequate security measures, both in and outside the stadium, before and after games, to avoid physical or verbal threats or hostilities between fans and team personnel, including players and coaches.

Do not hesitate to inform appropriate security and club personnel if you experience problems of extreme verbal or physical abuse from fans in or outside the stadium on game-day.

Because this is for your protection, it is important that you do your part to make the security measures work. If any unauthorized fan enters the playing field, security forces, not you, are responsible for removing that person. *Players must not get involved in removing fans from the playing field.* Also, clubs are responsible for providing adequate security at locker rooms, bench areas, and passageways used by players and coaches as they enter and exit the field. *Players must not enter the stands or otherwise confront fans at any time on game-day in response to abuse.* Leave these problems to security personnel or you may be subject to disciplinary action.

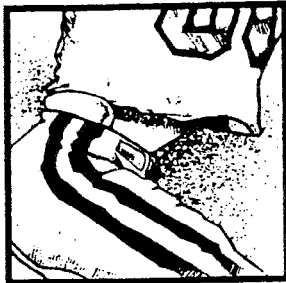
For a variety of reasons, the playing field should be cleared as quickly as possible after games. But the League also encourages displays of good sportsmanship between teams and does not impose discipline for players shaking hands and meeting briefly on the field after the game.

NFL UNIFORM AND EQUIPMENT RULES

HELMET WITH FACEMASK
(CHIN STRAP FASTENED)

SHOULDER PADS

VIOLATION



THE JERSEY MUST BE TUCKED IN AT THE WAIST. EXTRA-SHORT JERSEYS OR THOSE CUT AT OR ABOVE THE WAIST ARE PROHIBITED.

VIOLATION



TOWELS ARE LIMITED TO A MAXIMUM OF 6 INCHES WIDE AND 8 INCHES LONG AND MUST BE TUCKED INTO THE FRONT WAIST OF THE PANTS.

VIOLATION



THE EXTERIOR STOCKING MUST BE A ONE-PIECE UNIT SOLID WHITE FROM THE TOP OF THE SHOE TO THE MIDPOINT OF THE LOWER LEG, WITH APPROVED TEAM COLOR OR COLORS FROM THAT MIDPOINT TO THE TOP OF THE STOCKING.

HIP PADS

THIGH PADS

KNEE PADS

ONE-PIECE STOCKINGS

ALL-WHITE OR ALL-BLACK SHOES THROUGHOUT TEAM

VIOLATION



SLEEVES MUST NOT BE TORN OR CUT.

VIOLATION



STOCKINGS MUST MEET THE UNIFORM PANTS BELOW THE KNEES.

VIOLATION



PANTS MUST BE PULLED DOWN OVER THE KNEES. THE KNEE AREA OF THE PANTS MUST NOT BE ALTERED OR CUT AWAY.

VIOLATION



TAPE USED ON SHOES OR STOCKINGS MUST EITHER BE TRANSPARENT OR OF A MATCHING COLOR.

NFL UNIFORM AND EQUIPMENT RULES

GENERAL POLICY Throughout the game-day period while in view of the stadium and television audience, including during pregame warm-ups, all players must dress in a professional manner under the League's uniform standards. They must wear equipment offering reasonable protection to themselves while reasonably avoiding risk of injury to other players. And they generally must present an appearance that is appropriate to representing their individual clubs and the National Football League. The term uniform, as used in this policy, applies to every piece of equipment worn by a player, including helmet, shoulder pads, thigh pads, knee pads, and any other item of protective gear, and to every visible item of apparel, including but not limited to pants, jerseys, wristbands, gloves, stockings, shoes, visible undergarments, and accessories such as head coverings worn under helmets and hand towels. All visible items worn on game day by players must be issued by the club or the League, or, if from outside sources, must have approval in advance by the League Office.

MANDATORY EQUIPMENT, APPAREL All players must wear the equipment and uniform apparel listed below, which must be of a suitably protective nature, must be designed and produced by a professional manufacturer, and must not be cut, reduced in size, or otherwise altered unless for medical reasons approved in advance by the Commissioner; provided, however, that during pregame warm-ups players may omit certain protective equipment at their option, except that helmets must be worn.

Helmets, Face Protectors Helmet with chin strap fastened and facemask attached. Facemasks must not be more than 1/4-inch in diameter and must be made of rounded material; transparent materials are prohibited. Plastic face shields, either clear or lightly tinted, for eye protection are optional, provided the League Office is supplied in advance with appropriate medical documentation that the shield is needed. No visible identification of a manufacturer's name or logo on the exterior of the helmet or any attachment to a helmet is permitted unless provided for under a commercial arrangement between the League and manufacturer; in no event is identification of any helmet manufacturer permitted on the visible surface of a rear cervical pad. All helmets must carry, on the rear lower-right exterior, an approved warning label. (Such labels will be supplied in quantity by the League Office.)

Jerseys Jerseys that cover all pads and other protective equipment worn on the torso and upper arms, and that are appropriately tailored to remain tucked into the uniform pants throughout the game. Tearaway jerseys are prohibited. Mesh jerseys with large fishnet material (commonly referred to as bullet-hole or port-hole mesh) also are prohibited. Surnames of players in letters of 2 1/4 inches high must be affixed to the exterior of jerseys across the upper back above the numerals; nicknames are prohibited; and in cases of duplicate surnames, the first initial of the given name must be used. All jerseys must carry a small NFL Shield logo at the middle of the yoke of the neck on the front of the garment, which logo will be provided in quantity by the League Office.

Numerals Numerals on the back and front of jerseys as specified under NFL rules for the player's specific position. Such numerals must be a minimum of 8 inches high and 4 inches wide, and their color must be in sharp contrast with the color of the jersey. Smaller numerals should be worn on the tops of the shoulders or upper arms of the jerseys. Small numerals on the back of the helmet or on the uniform pants are optional.

Pants Pants that are worn over the entire knee area; pants shortened or rolled up to meet the stockings above the knee are prohibited. No part of the pants may be cut away unless an appropriate gusset or other device is used to replace the removed material.

Shoulder Pads Shoulder pads that are completely covered by the uniform jersey.

Stockings Stockings that cover the entire area from the shoe to the bottom of the pants, and that meet the pants below the knee. Players are permitted to wear as many layers of stockings and tape on the lower leg as they prefer, provided the exterior is a one-piece stocking that includes solid white from the top of the shoe to the mid-point of the lower leg, and approved team color or colors (non-white) from that point to the top of the stocking. Uniform stockings may not be altered (e.g. over-stretched, or cut at the toes or sewn short) in order to bring the line between solid white and team colors lower or higher than the mid-point of the lower leg. No other stockings and/or opaque tape may be worn over the one-piece, two-color uniform stocking. Barefoot punters and placekickers may omit the stocking of the kicking foot in preparation for and during kicking plays.

Shoes Shoes that are of standard football design, including "sneaker" type shoes such as basketball shoes, cross training shoes, etc. League approved tri-colored shoes are permitted with black, white and one team color. Each team must select a dominant color for its shoes, either black or white (with a conforming selection of either all black or all white shoelaces). The selection of dominant color must be reported by each team to the League Office no later than July 1 each year. Each player may select among shoe styles previously approved by the League Office and NFL Properties. All players on the same team must wear shoes with the same dominant color. Approved shoe styles will contain one team color which must be the same for all players on a given team. A player may wear an unapproved standard football shoe style as long as the player tapes over the entire shoe to conform to his team's selected dominant color. Logos, names or other commercial identification on shoes are not permitted to be visible unless advance approval is granted by the League Office. Size and location of logos and names on shoes must be approved by NFL Properties. When a shoe logo or name approved by both the League Office and NFL Properties is covered with an appropriate use of tape, players will be allowed to cut the tape covering the original logo or name, provided the cut is clean and is the exact size of the logo or name. The logo or name of the shoe manufacturer must not be re-applied to the exterior of taped shoes unless advance approval is granted by the League Office. Kicking shoes must not be modified and any shoe that is worn by a player with an artificial limb on his kicking leg must have a kicking surface which conforms to that of a normal kicking shoe. Punters and placekickers may omit the shoe from the kicking foot in preparation for and during kicking plays. Punters and placekickers may wear any combination of the tri-colored shoes provided that the colors are consistent with those selected by the team and with the policy listed above.

OTHER PROHIBITED EQUIPMENT, APPAREL In addition to the several prohibited items of equipment and apparel specified above, the following also are prohibited:

Projecting Objects Metal or other hard objects that project from a player's person or uniform, including from his shoes.

Uncovered Hard Objects, Substances Hard objects and substances, including but not limited to casts, guards, or braces for hand, wrist, forearm, elbow, hip, thigh, knee, shin, unless such items are appropriately covered on all edges and surfaces by a minimum of 1/4-inch foam rubber or similar soft material. Any such item worn to protect an injury must be reported by the applicable coaching staff to the Umpire in advance of the game, and a description of the injury must be provided.

Detachable Toe Detachable kicking toe.

Torn Items Torn or improperly fitting equipment creating a risk of injury to other players, e.g. the hard surface of shoulder pads exposed by a damaged jersey.

Improper Cleats Shoe cleats made of aluminum or other material that may chip, fracture, or develop a cutting edge. Conical cleats with concave sides or points which measure less than 1/4-inch in diameter at the tips, or cleats with oblong ends which measure less than 1/4-by 1/4-inch at the end tips also are prohibited. Nylon cleats with flat steel tips are permitted.

Improper Tape Opaque, contrasting-color tape that covers any part of the helmet, jersey, pants, stockings, or shoes; transparent tape or tape of the same color as the background material is permissible for use on these items of apparel. Players may use opaque white tape on hands and arms, provided it conforms to "Uncovered Hard Objects, Substances" above and "Improper Glove Color on Linemen" below. Opaque tape on shoes is permitted, provided it is the same color as the shoe, and provided it does not carry up into the stocking area.

Improper Glove Color on Linemen Gloves, wrappings, elbow pads, and other items worn on the arms below or over the jersey sleeves by interior offensive linemen (excluding tight ends) which are of a color different from that which is mandatorily reported to the League Office by the club before July 1 each year. Such reported color must be white or other official color of the applicable team.

Approved Glove Color Players at other positions (non-interior linemen) also may wear gloves, provided they are NFL-Properties-licensed items approved by the League Office for wear on the field, and provided they are solid white or a solid color that is an official color of the applicable club. Clubs are not required to designate to the League Office by July 1 the color of gloves that will be worn by their non-interior linemen.

Garments Under Jerseys Quarterbacks will be allowed to wear under the game jersey a solid colored T-shirt, turtleneck or sweatshirt (consistent with team undergarment color) with sleeves cut to any length, as long as both sleeves are evenly trimmed and the edges are sewn and hemmed. All other players may wear garments under game jerseys only if the undergarment sleeves either (a) do not extend below the sleeves of the jersey; or (b) are full-length to the wrist. No other sleeve lengths for garments under jerseys are permitted for players other than quarterbacks. Any garments under jerseys which are exposed at the neck or sleeve area and which carry an exposed logo or commercial name, must be licensed by NFL Properties and approved by the League Office for wear on the field. All members of the same team who wear approved undergarments with exposed necks and sleeves must wear the same color on a given day, which color must be white or a solid color that is an official team color (solid means that sleeves must not carry striped, designs, or team names).

Adhesive, Slippery Substances Adhesive or slippery substances on the body, equipment, or uniform of any player; provided, however, that players may wear gloves which have a tackified surface if such tacky substance does not adhere to the football or otherwise cause handling problems for players.

RECOMMENDED EQUIPMENT It is recommended that all players wear HIP PADS, THIGH PADS, and KNEE PADS which reasonably avoid the risk of injury. Unless otherwise provided by individual team policy, it is the players' responsibility and decision whether to follow this recommendation and use such pads. If worn, all three forms of pads listed above must be covered by the outer uniform. Basketball type knee pads are permitted but must also be covered by the outer uniform.

OPTIONAL EQUIPMENT Among the types of optional equipment that are permitted to be worn by players are the following:

Rib Protectors Rib protectors ("flak jackets") under the jersey.

Wristbands Wristbands, provided they are white or black only.

Towels Towels, provided they are white NFL-Properties-licensed towels approved by the League Office for use on the playing field. Players are prohibited from adding to these towels any personal messages, logos, names, symbols, or illustrations. Such towels also must be attached to or tucked into the front waist of the pants, and must be no longer than 6 by 8 inches (slightly larger size may be issued to quarterbacks, or may be folded to these limits for wearing in games). A player may wear no more than one towel. Players are prohibited from discarding on the playing field any loose towels or other materials used for wiping the hands and the football. Streamers or ribbons, regardless of length, hanging from any part of the uniform, including the helmet, are prohibited.

Head Coverings Head coverings worn under the helmet, e.g. sweatbands and bandannas, are permissible and may be visible in the bench area, provided that they are of a solid color (official team color) and issued by the club, and further provided that no portion hangs from or is otherwise visible outside the helmet during play. Baseball-type caps may be worn in the bench area, provided they are in official team colors and issued by the club.

LOGOS AND COMMERCIAL IDENTIFICATION Throughout the period on game day that a player is visible to the stadium and television audience (including in pregame warm-ups, in the bench area, and during postgame interviews in the locker room or on the field), players are prohibited from wearing, displaying, or orally promoting equipment, apparel, or other items that carry commercial names or logos of companies, unless such commercial identification has been approved in advance by the League Office. The size of any approved logo or other commercial identification involved in an agreement between a manufacturer and the League will be modest and unobtrusive, and there is no assurance that it will be visible to the television audience. Subject to any future approval arrangements with manufacturer and subject to any decision by the Commissioner to suspend enforcement of this provision temporarily governing shoes, visible logos, and names of shoes are prohibited, including on the sole of the shoe that may be seen from time to time during games.

PERSONAL MESSAGES Throughout the period on game day that a player is visible to the stadium and television audience (including in pregame warm-ups, in the bench area, and during postgame interviews in the locker room or on the field), players are prohibited from wearing, displaying, or otherwise conveying personal messages either in writing or illustration, unless such message has been approved in advance by the League Office. Items such as armbands and jersey patches worn to celebrate anniversaries of events, to promote charities, to recognize causes and campaigns, or to honor or commemorate personages also are prohibited unless approved in advance by the League Office. Further, such armbands and jersey patches must be modest in size, tasteful, non-commercial, and non-controversial; must not be worn for more than one football season; and if approved for use by a specific team, must not be worn by players on other teams in the League.

GENERAL APPEARANCE Consistent with the League's equipment and uniform rules, players must otherwise present a professional and appropriate appearance while before the public on game day. Among the types of activity that are prohibited are use of tobacco products (smokeless included) while in the bench area and use of facial makeup.

PLAYER UNIFORMS

A. GAME UNIFORM

Uniform Code — Rule 5, Section 3 of the NFL Playing Rules (Equipment, Uniforms, Player Appearance):

General Policy

Article 1 Throughout the game day period while in view of the stadium and television audience, including during pre-game warm-ups, all players must dress in a professional manner under the uniform standards specified in this Section 3. They must wear equipment offering reasonable protection to themselves while reasonably avoiding risk of injury to other players. And they generally must present an appearance that is appropriate to representing their individual clubs and the National Football League. The term uniform, as used in this section, applies to every piece of equipment worn by a player, including helmet, shoulder pads, thigh pads, knee pads, and any other item of protective gear, and to every visible item of apparel, including but not limited to pants, jerseys, wristbands, gloves, stockings, shoes, visible undergarments, and accessories such as head coverings worn under helmets and hand towels. All visible items worn on game day by players must be issued by the club or the League, or, if from outside sources, must have approval in advance by the League.

Team Colors

Article 2 Pursuant to the official colors established for each NFL club in the League Constitution and Bylaws, playing squads are permitted to wear only those colors or a combination of those colors for helmets, jerseys, pants, and stockings; provided that white is also an available color for jerseys and a mandatory color for the lower portion of stockings [see 5-3-3(f), "Stockings," below]. Each player on a given team must wear the same colors on his uniform as all other players on his team in the same game. Before July 1 each year, home clubs are required to report to the League Office their choice of jersey color (either white or official team color) for their home games of that forthcoming season (including postseason, in the event that the club should become a host for such a game), and visiting clubs must wear the opposite. For preseason or postseason games, the two competing teams may wear jerseys in their official colors (non-white), provided the Commissioner determines that such colors are of sufficient contrast.

Mandatory Equipment, Apparel

Article 3 All players must wear the equipment and uniform apparel listed below, which must be of a suitably protective nature, must be designed and produced by a professional manufacturer, and must not be cut, reduced in size, or otherwise altered unless for medical reasons approved in advance by the Commissioner; provided, however, that during pre-game warm-ups players may omit certain protective equipment at their option, except that helmets must be worn. Where additional rules are applicable to specific categories of mandatory equipment or apparel, or where related equipment is optional, such provisions are also spelled out below.

Helmets, Face Protectors

- (a) Helmet with chin-strap fastened and face mask attached. Face masks must not be more than 5/8-inch in diameter and must be made of rounded material; transparent materials are prohibited. Plastic face shields, either clear or lightly tinted, for eye protection are optional, provided the League Office is supplied in advance with appropriate medical documentation that the shield is needed. No visible identification of a manufacturer's name or logo on the exterior of a helmet or on any attachment to a helmet is permitted unless provided for under a commercial arrangement between the League and manufacturer; in no event is identification of any helmet manufacturer permitted on the visible surface of a rear cervical pad. All helmets must carry a small NFL shield logo on the rear lower-left exterior, which logo will be provided in quantity by the League.

Jerseys

- (b) Jersey that covers all pads and other protective equipment worn on the torso and upper arms, and that is appropriately tailored to remain tucked into the uniform pants throughout the game. Tearaway jerseys are prohibited. Mesh jerseys with large fish-net material (commonly referred to as "bullet-hole" or "port-hole" mesh) are also prohibited. Surnames of players in letters a minimum of two and 1/2-inches high must be affixed to the exterior of jerseys across the upper back above the numerals; nicknames are prohibited; and in cases of duplicate surnames, the first initial of the given name must be used. All jerseys must carry a small NFL shield logo at the middle of the yoke of the neck on the front of the garment, which logo will be provided in quantity by the League.

Numerals

- (c) Numerals on the back and front of jerseys in accordance with Rule 5, Section 1, Article 4. Such numerals must be a minimum of eight inches high and four inches wide, and their color must be in sharp contrast with the color of the jersey. Smaller numerals should be worn on the tops of the shoulders or upper arms of the jersey. Small numerals on the back of the helmet or on the uniform pants are optional.

Pants

- (d) Pants that are worn over the entire knee area; pants shortened or rolled up to meet the stockings above the knee are prohibited. No part of the pants may be cut away unless an appropriate gusset or other device is used to replace the removed material. All pants must carry a small NFL shield logo on the front left groin area of the pants, midway between the fly opening and side seam, and 1/2-inch below the belt. The logo will be provided in quantity by the League.

Shoulder Pads

- (e) Shoulder pads that are completely covered by the uniform jersey.

Stockings

- (f) Stockings that cover the entire area from the shoe to the bottom of the pants, and that meet the pants below the knee. Players are permitted to wear as many layers of stockings and tape on the lower leg as they prefer, provided the exterior is a one-piece stocking that includes solid white from the top of the shoe to the mid-point of the lower leg, and approved team color or colors (non-white) from that point to the top of the stocking. Uniform stockings may not be altered (e.g., over-stretched, or cut at the toes or sewn short) in order to bring the line between solid white and team colors lower or higher than the mid-point of the lower leg. No other stockings and/or opaque tape may be worn over the one-piece, two-color uniform stocking. Barefoot punters and placekickers may omit the stocking of the kicking foot in preparation for and during kicking plays.

Shoes

- (g) Shoes that are of standard football design, including "sneaker" type shoes such as basketball shoes, cross training shoes, etc.

League-approved tri-colored shoes are permitted with black, white and one team color. Each team must select a dominant color for its shoes, either black or white (with a conforming selection of either all-black or all-white shoelaces). The selection of dominant color must be reported by each team to the League Office no later than July 1 each year. Each player may select among shoe styles previously approved by the League Office and NFL Properties. All players on the same team must wear shoes with the same dominant color. Approved shoe styles will contain one team color which must be the same for all players on a given team. A player may wear an unapproved standard football shoe style as long as the player tapes over the entire shoe to conform to his team's selected dominant color.

Logos, names or other commercial identification on shoes are not permitted to be visible unless advance approval is granted by the League Office (see Article 7). Size and location of logos and names on shoes must be approved by NFL Properties. When a shoe logo or name approved by both the League Office and NFL Properties is covered with an appropriate use of tape (see Article 4(f)), players will be allowed to cut out the tape covering the original logo or name, provided the cut is clean and is the exact size of the logo or name. The logo or name of the shoe manufacturer must not be re-applied to the exterior of taped shoes unless advance approval is granted by the League Office.

Kicking shoes must not be modified, and any shoe that is worn by a player with an artificial limb on his kicking leg must have a kicking surface which conforms to that of a normal kicking shoe. Punters and place-kickers may omit the shoe from the kicking foot in preparation for and during kicking plays. Punters and place-kickers may wear any combination of tri-colored shoes provided that the colors are consistent with those selected by the team and with the policy listed above.

Other Prohibited Equipment, Apparel **Article 4** In addition to the several prohibited items of equipment and apparel specified in Article 3 above, the following are also prohibited:

Projecting Objects (a) Metal or other hard objects that project from a player's person or uniform, including from his shoes.

Uncovered Hard Objects, Substances (b) Hard objects and substances, including but not limited to casts, guards or braces for hand, wrist, forearm, elbow, hip, thigh, knee, shin, unless such items are appropriately covered on all edges and surfaces by a minimum of 3/8-inch foam rubber or similar soft material. Any such item worn to protect an injury must be reported by the applicable coaching staff to the Umpire in advance of the game, and a description of the injury must be provided. If the Umpire determines that an item in question, including heavy tape or bandages on hands or forearms, may present undue risk to other players, he may prevent its use at any time before or during a game until the item is removed or appropriately corrected.

Detachable Toe (c) Detachable kicking toe.

Torn Items (d) Torn or improperly fitting equipment creating a risk of injury to other players, e.g., the hard surfaces of shoulder pads exposed by a damaged jersey.

Improper Cleats (e) Shoe cleats made of aluminum or other material that may chip, fracture, or develop a cutting edge. Conical cleats with concave sides or points which measure less than 3/8-inch in diameter at the tips, or cleats with oblong ends which measure less than 1/4- by 3/4-inch at the end tips are also prohibited. Nylon cleats with flat steel tips are permitted.

Improper Tape (f) Opaque, contrasting-color tape that covers any part of the helmet, jersey, pants, stockings, or shoes; transparent tape or tape of the same color as the background material is permissible for use on these items of apparel. Players may use opaque white tape on hands and arms, provided it conforms to 5-3-4(b) above ("Uncovered Hard Objects, Substances") and 5-3-4(h) below ("Improper Glove Color on Linemen"). Opaque tape on shoes is permitted, provided it is the same color as the shoe, and provided it does not carry up into the stocking area.

**Items Colored
Like Football**

- (g) Headgear or any other equipment or apparel which, in the opinion of the Referee, may confuse an opponent due to its similarity in color to that of the game football. If such color is worn, it must be broken by stripes or other patterns of sharply contrasting color or colors.

**Improper Glove
Color On Linemen**

- (h) Gloves, wrappings, elbow pads, and other items worn on the arms below or over the jersey sleeves by interior offensive linemen (excluding tight ends) which are of a color different from that which is mandatorily reported to the League Office by the club before July 1 each year. Such reported color must be white or other official color of the applicable team, and, once reported, must not be changed throughout that same season.

**Adhesive, Slippery
Substances**

- (i) Adhesive or slippery substances on the body, equipment, or uniform of any player; provided, however, that players may wear gloves which have a tackified surface if such tacky substance does not adhere to the football or otherwise cause handling problems for players.

**Garments Under
Jerseys**

- (j) Quarterbacks will be allowed to wear under the game jersey a solid color T-shirt, turtleneck or sweatshirt (consistent with team undergarment color) with sleeves cut to any length, as long as both sleeves are evenly trimmed and the edges are sewn and hemmed. All other players may wear garments under game jerseys only if the undergarment sleeves either (a) do not extend below the sleeves of the jersey; or (b) are full-length to the wrist. No other sleeve-lengths for garments under jerseys are permitted for players other than quarterbacks.

Any garments under jerseys which are exposed at the neck or sleeve area and which carry an exposed logo or commercial name must be licensed by NFL Properties and approved by the League Office for wear on the field (see Article 7). All members of the same team who wear approved undergarments with exposed necks or sleeves must wear the same color on a given day, which color must be white or a solid color that is an official team color (solid means that sleeves must not carry stripes, designs or team names).

Recommended Equipment

Article 5 It is recommended that all players wear Hip Pads, Thigh Pads and Knee Pads which reasonably avoid the risk of injury. Unless otherwise provided by individual team policy, it is the players' responsibility and decision whether to follow this recommendation and use such pads. If worn, all three forms of pads listed above must be covered by the outer uniform. Basketball-type knee pads are permitted but must also be covered by the outer uniform.

Optional Equipment **Article 6** Among the types of optional equipment that are permitted to be worn by players are the following:

Rib Protectors (a) Rib protectors ("flak jackets") under the jersey.

Wrist Bands (b) Wrist bands, provided they are white or black only.

Towels (c) Towels, provided they are white NFL Properties licensed towels approved by the League Office for use on the playing field. Players are prohibited from adding to these towels any personal messages, logos, names, symbols, or illustrations. Such towels also must be attached to or tucked into the front waist of the pants, and must be no longer than 6 x 8 inches (slightly larger size may be issued to quarterbacks, or may be folded to these limits for wearing in games). A player may wear no more than one towel. Players are prohibited from discarding on the playing field any loose towels or other materials used for wiping hands and the football. Streamers or ribbons, regardless of length, hanging from any part of the uniform, including the helmet are prohibited.

Head Coverings (d) Head coverings worn under the helmet, e.g., sweat bands and bandannas, are permissible and may be visible in the bench area, provided that they are of a solid color (official team color) and issued by the club, and further provided that no portion hangs from or is otherwise visible outside the helmet during play. Baseball-type caps may be worn in the bench area, provided they are in official team colors and issued by the club.

**Logos and
Commercial
Identification**

Article 7 Throughout the period on game day that a player is visible to the stadium and television audience (including in pre-game warm-ups, in the bench area, and during post-game interviews in the locker room or on the field), players are prohibited from wearing, displaying, or orally promoting equipment, apparel, or other items that carry commercial names or logos of companies, unless such commercial identification has been approved in advance by the League Office. The size of any approved logo or other commercial identification involved in an arrangement between a manufacturer and the League will be modest and unobtrusive, and there is no assurance that it will be visible to the television audience. Subject to any future approved arrangements with a manufacturer and subject to any decision by the Commissioner to temporarily suspend enforcement of this provision governing shoes, visible logos and names of shoes are prohibited, including on the sole of the shoe that may be seen from time to time during the game.

Personal Messages

Article 8 Throughout the period on game day that a player is visible to the stadium and television audience (including in pre-game warm-ups, in the bench area, and during post-game interviews in the locker room or on the field), players are prohibited from wearing, displaying, or otherwise conveying personal messages either in writing or illustration, unless such message has been approved in advance by the League Office. Items such as armbands and jersey patches worn to celebrate anniversaries of events, to promote charities, to recognize causes and campaigns, or to honor or commemorate personages are also prohibited unless approved in advance by the League Office. Further, such armbands and jersey patches must be modest in size, tasteful, non-commercial, and non-controversial; must not be worn for more than one football season; and if approved for use by a specific team, must not be worn by players on other teams in the League.

General Appearance

Article 9 Consistent with the equipment and uniform rules of this Section 3, players must otherwise present a professional and appropriate appearance while before the public on game day. Among the types of activity that are prohibited are use of tobacco products (smokeless included) while in the bench area and use of facial makeup. The Referee is authorized to use his judgment in determining whether any other unusual appearance or behavior is violative of this Article 9.

Penalties:

- (a) For violation of this Section 3 discovered during pregame warmups or at other times prior to the game, player will be advised to make appropriate correction; if violation not corrected, player will not be permitted to enter the game.
- (b) For violation of this Section 3 discovered while player in game: player will be advised to make appropriate correction at the next change of possession; if violation not corrected, player will not be permitted to enter the game. Provided however, if the violation involves the competitive aspects of the game (e.g. illegal kicking toe of shoe, an adhesive or slippery substance), player will be suspended immediately upon discovery.
- (c) For repeat violation: disqualification from game.
- (d) For illegal entry or return of a player suspended under this Section 3: loss of five yards from succeeding spot and removal until properly equipped after one down.
- (e) For violation of this Section 3 detected in the bench area: player and head coach will be asked to remove the objectionable item, properly equip the player, or otherwise correct the violation. The involved player or players will be disqualified from the game if correction not made promptly.

SUPPLEMENTAL NOTE

In addition to the game day penalties specified above, the Commissioner may subsequently impose independent disciplinary action on the involved player, up to and including suspension from the team's next game—preseason, regular season, or postseason, whichever is applicable.

PRO LINE POLICY

Note to All NFL Players: *The Pro Line policy is designed to protect the commercial arrangements the National Football League has with specific licensees, as well as ensure the integrity and quality of apparel worn on gameday. The Pro Line program ultimately benefits all players in the League and any attempts by players and/or non-licensed vendors to disrupt this program will be subject to severe discipline.*

A. GENERAL POLICY

1. All apparel worn on the sidelines by NFL Players and Football Staff personnel must be officially licensed or authorized for use by the NFL and NFL Properties.
2. Use of unauthorized or non-licensed products on gameday will be strictly forbidden and is subject to disciplinary action by the NFL.
3. Removal or mutilation of manufacturer's logos or authorized patches from any Pro Line apparel by any player or team personnel is strictly prohibited.
4. Any questions regarding authorized apparel should be directed to the team Equipment Manager or the following NFL personnel:

NFL Operations:	Tim Davey	(212) 450-2099
NFL Properties:	Bill Hampton	(212) 450-2528

B. APPAREL CATEGORIES/RULES—GAMEDAY

1. Outerwear

All players active or inactive must wear the outerwear designated for their team.

2. Headwear

All players will be required to wear their team's designated players' caps unless that player has been designated by an authorized/licensed cap manufacturer as a player cap exemption.

NOTE: Prior to the season, each authorized/Pro Line licensed cap manufacturer will submit a list of their designated player cap exemptions. Team Equipment Managers will have a full list of NFL Pro Line player cap exemptions.

3. Game Uniforms

All players must wear the uniform provided by the authorized/licensed manufacturer that has been designated for their team.

4. Footwear

- (a) All footwear must meet approval of NFL Uniform Code Policy.
- (b) Nike, Reebok, and Pro Moves are authorized footwear suppliers.

5. Footwear Rules

- (a) All players may wear Reebok, Nike or Pro Moves brand identified shoes.
- (b) Players may opt to use other brands of footwear but must cover all brand identification.
- (c) No manufacturer's logo may be applied to any brand of shoes once they have been spatted.
- (d) Players will be allowed to cut windows in a spat to expose Reebok, Nike or Pro Moves manufacturers' logos only.

NOTE: For competitive purposes, Kickers and Punters may wear their shoe of choice, but all footwear must meet NFL approval.

6. Helmets

- (a) Riddell is the official helmet of the NFL.
- (b) All brand identification on helmets, other than Riddell, must be removed or covered at all times. This includes chinstraps, and front and rear panels.

7. Gloves/Wristbands

- (a) All gloves and wristbands must be approved/licensed by the NFL Competition Committee and NFL Properties. Wristbands worn must be white or black only.

8. Thermal Wear/Undershirts

- (a) All players are required to wear the thermal wear that corresponds with their team uniform manufacturer or non-brand identified thermal wear.

NOTE: Maxit thermal wear may be worn by all players.

Each team Equipment Manager will receive a full list of approved Pro Line apparel prior to August 1, 1997.

ENFORCEMENT OF UNIFORM AND PRO LINE POLICIES

In 1997 the League will strictly enforce the Uniform and Equipment Rules and NFL Properties' Pro Line Policy. Following are the procedures:

1. Each team will designate one staff member (preferably an assistant coach or a high-level executive) to be its contact with game officials on policies governing uniforms and Pro Line. Teams must notify Gene Washington at the League office as to who their designee will be no later than July 15.
2. The team designee must meet with a designated game official (either the umpire or the side judge) and a League representative one-half hour before kickoff at the 50-yard line in the designee's team bench area. The designated game official and the League representative will inform the team designee of any equipment, uniform or Pro Line violations.
3. Team designees are responsible for reporting violations to their respective head coaches. The team then must inform involved players of equipment, uniform, and Pro Line violations.
4. Before kickoff, team designees are responsible for bringing violators to the designated official for clearance in front of their bench areas. If violations are not corrected Player(s) will not be permitted to enter the game.
5. During the game, any player in view of the stadium audience who is in violation of the equipment and uniform rules will be reported to the team designee, who is responsible for correcting the violation during the next change of possession or other appropriate stoppage (in the judgment of the official). The player will not be allowed to return to game action until the violation is corrected.
6. Players who violate the Pro Line policy in view of the stadium audience after the game has started will be subject to League discipline, with a first offense resulting in a fine.
7. Players whose equipment or uniform violations are not detected by game officials, who repeat violations on the same game-day after having been corrected earlier, or who participate in the game despite not having corrected a violation when instructed to do so are subject to League discipline. First offenses will result in fines.

Cooperation With News Media

Reasonable cooperation with the news media is essential to the continuing popularity of our game and its players.

It is important that each coach and player be courteous and prompt in appointments with radio and television broadcasters and newspaper reporters. Please recognize that each member of the media, like you, has a job to perform.

A player's obligation to offer reasonable media cooperation is written in his NFL Player Contract, Paragraph 4 of which reads: "Player will cooperate with the news media and will participate upon request in reasonable promotional activities of Club and League." This is underscored in the Collective Bargaining Agreement, in which the NFL Players Association pledges to "use its best efforts to ensure that the players cooperate with the clubs and the news media in reasonable promotional activities on behalf of the clubs and the NFL."

Each NFL club has been instructed by the Commissioner to remind its players of this obligation under their contract, union agreement, and club and League policies. In cases of significant violations, a club or player may be fined for each incident, escalating to more serious disciplinary action for consistent violators.

The club's public relations staff is available to assist you at all times in your dealings with the media. To this end, the public relations department will make an effort to arrange appointments that will serve your best interests and be of value to you not only during your NFL years but also in your personal business endeavors. We encourage you to seek their advice.

Your professional obligation is to be available to the media during designated times of the week. During the normal practice week, your locker room will be open to the media at least three times per week (Monday, Wednesday, and Thursday if you are off Tuesday) for a minimum of 30-45 minutes per day. Following games, the locker room will remain closed for 10-12 minutes before opening to all members of the media, including women. In order to afford you reasonable privacy, your team will screen off the shower area in your locker room and provide you with wrap-around towels or other appropriate clothing. Sexual harassment of reporters in any form is grounds for discipline.

Selected players will be asked each week to spend a few minutes after practice on Friday or Saturday with the announcers from the network televising your game. In addition, one player each week will be requested to speak to a group of reporters in the city of your upcoming opponent by telephone conference call. These are good opportunities to provide positive information about you and your team to influential members of the media. Your cooperation is expected.

The media is a direct link between you and the fans who support our game. Therefore, it is important to you and this club that you present yourself to the media in a manner in which you would like to be received and treated. The use of abusive, insulting, obscene or profane language or gestures is strictly prohibited and will subject offenders to discipline.

Remember that cooperating with the news media is part of your job. Take advantage by making it work in the best interests of you and your team.

Guns And Weapons Policy

(This policy applies to all employees of the NFL and its member clubs, including players.)

Prohibitions. Whether possessed legally or illegally, guns and other weapons of any kind are dangerous. You and your family can easily be the losers if you carry or keep these items in your home. You must not possess these weapons while traveling on League-related business or whenever you are on the premises of the following:

- A facility owned, operated or being used by an NFL club (for example, training camp, dormitory, locker room, workout site, parking area, team bus, team plane, team hotel/motel);
- A stadium or any other venue being used for an NFL event (for example, a game, practice or promotion);
- A facility owned or operated by the NFL or any League company (NFL Enterprises, NFL Films, NFL Properties).

Put simply, the League, the Players Association and law enforcement authorities urge you to recognize that you must not possess a gun or other weapon at any time you are performing any service for your team or the NFL.

Legal Possession. In some circumstances, such as for sport or protection, you may legally possess a firearm or other weapon. However, we strongly recommend that you not do so. Any weapon, particularly a firearm, is dangerous—especially so when it is in a vehicle or within reach of children and others not properly trained in its use.

Understanding the Law. If you legally possess a weapon, you must understand the local, state and federal laws that apply. The NFL Security Representative in your area will help you get information about these laws. You should be aware that if you take a weapon from one place to another—for example, across state lines—a different set of laws may apply in the new place.

Discipline. If you violate this policy on guns and other weapons, you are subject to discipline, including suspension from playing. And if you violate a public law covering weapons—for example, possession of an unlicensed firearm—you are also subject to discipline, including suspension from playing.

Remember, be careful and understand the risks.

NATIONAL FOOTBALL LEAGUE

POLICY AND PROGRAM FOR

SUBSTANCES OF ABUSE

**As Agreed by the National Football League Players Association
and the National Football League Management Council**

NATIONAL FOOTBALL LEAGUE POLICY AND PROGRAM FOR SUBSTANCES OF ABUSE

General Policy

The illegal use of drugs and the abuse of prescription drugs, over-the-counter drugs, and alcohol (hereinafter referred to as "substances of abuse") is prohibited¹ for players in the National Football League ("NFL"). Moreover, the use of alcohol may be prohibited for individual players in certain situations where clinically indicated in accordance with the terms of this Policy.

Substance abuse can lead to on-the-field injuries, to alienation of the fans, to diminished job performance, and to personal hardship. The deaths of several NFL players have demonstrated the potentially tragic consequences of substance abuse. NFL players should not by their conduct suggest that substance abuse is either acceptable or safe.

The NFL and the National Football League Players Association ("NFLPA") have maintained policies and programs regarding substance abuse. In Article XLIV, Section 6(a) of the 1993 NFL Collective Bargaining Agreement (the "1993 CBA"), the NFL Management Council and the NFLPA (hereinafter referred to individually as "Party" and collectively as the "Parties") reaffirmed that "substance abuse is unacceptable within the NFL, and that it is the responsibility of the parties to deter and detect substance abuse... and to offer programs of intervention, rehabilitation, and support to players who have substance abuse problems." Accordingly, in fulfillment of this provision of the 1993 CBA, the Parties have agreed upon the following terms of a policy regarding substance abuse in the NFL (hereinafter referred to as the "Policy").

This Policy applies to all players who have not formally retired from the NFL. This Policy and its terms shall be binding on all NFL clubs and shall constitute the sole and exclusive means by which players will be tested or referred for treatment, and as to those players having problems with substances of abuse, the sole and exclusive means by which they will gain access to the benefits of this Policy. This Policy supersedes a previous policy that was effective on September 1, 1994 and shall continue until the expiration or termination of the 1993 CBA. The provisions of this Policy shall apply to

¹ The National Football League ("NFL") prohibits NFL players from the illegal use, possession, or distribution of drugs, including but not limited to cocaine, marijuana, opiates and phencyclidine (PCP). The abuse of prescription drugs, over-the-counter drugs, and alcohol is also prohibited. For example, the use of amphetamines and substances that induce similar effects (e.g., phenylpropanolamine, the active ingredient in many over-the-counter decongestants), absent a verified and legitimate need for appropriate dosages of such substances to treat existing medical conditions, is prohibited.

all players as of February 14, 1997 regardless of their status in the Intervention Program. Such terms that are not otherwise defined herein shall have the same meaning as set forth in the 1993 CBA.

The cornerstone of this Policy is the Intervention Program. Under the Intervention Program, players are tested, evaluated, treated, and monitored for substance abuse. Players who do not comply with the requirements of the Intervention Program are subject to established levels of discipline.

All discipline provided under the foregoing or following provisions of this Policy is imposed through the authority of the Commissioner of the National Football League ("Commissioner"). The Commissioner maintains the ability to impose other discipline as he deems necessary, provided, however, that the Commissioner may not modify the stated levels of discipline for violations of the requirements of the Intervention Stages absent additional circumstances amounting to conduct detrimental to the League. This policy is not to be considered a grant of authority to discipline players but instead is an agreement to impose the stated discipline for violations of the requirements of the Intervention Stages. Discipline for violations of the law relating to use, possession, acquisition, sale, or distribution of substances of abuse, or conspiracy to do so, will remain at the discretion of the Commissioner.

The primary purpose of this Policy is to assist players with substance abuse problems, but players who do not comply with the requirements of the Policy will be subject to discipline. An important principle of this Policy is that a player will be held responsible for whatever goes into his body.

I. Intervention Program and Discipline for Violations of Its Terms.

A. Administration

1. Medical Director and Regional Teams.

The Parties will select a Medical Director who will have the responsibility, among other duties, of selecting and overseeing physicians, psychologists, social workers and other counselors ("Evaluating Clinician(s)") who will be members of various Regional Teams headed by a Regional Psychiatrist established under this Intervention Program. The Medical Director and the Evaluating Clinicians will work together in a collaborative manner to facilitate, coordinate, monitor, and assess players' compliance with their Treatment Plans. (For purposes of this Intervention Program, a "Treatment Plan" is defined as a written plan of interventions and requirements developed by a player's Treating Clinician to assist in the treatment of the player.) The Medical Director will be assisted by an Administrator to be selected by the Parties. The services of the Medical Director and/or the Administrator may be terminated by either Party at any time, or as otherwise delineated by the notice and termination provisions

of their respective contracts, if any. The Parties agree that the Medical Director will have the sole discretion to make the various decisions assigned to him under the terms of this Policy, and such decisions shall be final and binding.

2. Medical Advisor.

The Commissioner will appoint a Medical Advisor for Substances of Abuse (the "Medical Advisor"). The Medical Advisor will be informed at all times of the identity and treatment status of all players in the Intervention Program with the exception of those entering the Intervention Stages through Self-Referral. The Medical Advisor may advise the Medical Director regarding a Treatment Plan for any player. The Medical Advisor will have the responsibility, among other duties, of overseeing substance abuse testing as required by the terms of this Intervention Program. The Medical Advisor shall direct the NFL collection teams and consult with the Program Toxicologist. The Parties agree that the Medical Advisor will have sole discretion to make the various decisions assigned to him under the terms of the Policy, and such decisions shall be final and binding.

3. Treating Clinician.

A Treating Clinician for purposes of this Policy is a health care professional experienced and trained in the treatment of substance abuse and legally authorized to prescribe written plans of interventions and requirements designed to assist in the treatment of substance abuse. A health care professional who is not a psychiatrist must establish a consulting relationship with an appropriately credentialed and experienced psychiatrist, as determined by the Medical Director. All Treating Clinicians shall be approved by the Medical Director.

4. Team Substance Abuse Physician.

Each NFL club will designate a physician as its Team Physician for Substance Abuse matters (the "Team Substance Abuse Physician"). With the exception of those players who enter the Intervention Stages through Self-Referral, the Team Substance Abuse Physician will be informed as to the participation of any player from his team in the Intervention Stages, the player's administrative status, and/or the nature of that player's treatment.

5. Program Toxicologist.

The Commissioner will appoint the Program Toxicologist. The Program Toxicologist shall (1) be responsible for laboratory evaluation of urine samples produced pursuant to the terms of this Policy; (2) provide technical advice to the Parties, the Medical Director and the Medical Advisor; (3) be responsible for scientific interpretation of positive drug findings; and (4) provide forensic testimony as needed.

6. Quarterly Review.

The NFL Management Council, the NFLPA, the Medical Director, the Medical Advisor, and the Administrator will meet quarterly to review the operation of the Intervention Program. To facilitate the review process, the Parties will have full access to all information relating to the implementation and operation of this Intervention Program, except to the extent that such access would conflict with the confidentiality provisions of this Policy. Modification of the Policy will require the mutual consent of the Parties.

7. Payment for Treatment.

Once a club has been notified of a player's participation in the Intervention Program, if a player does not pay deductibles and co-payments for services covered by insurance or such reasonable expenses and fees directly related to and necessary for the treatment of the player which are not covered by insurance, such costs shall be paid by the employer club and only those club employees who effectuate such payment will be informed of a player's participation in the Intervention Program unless otherwise provided for herein. If an employer club has not been notified of a player's participation in the Intervention Program, the individual player involved will remain fully responsible for all costs not paid by insurance. The Parties will develop procedures to deal with situations in which players default or otherwise refuse to pay these costs.

8. Treating Facilities and Clinicians.

Although it is the ultimate responsibility of the Medical Director in consultation with the Regional Team to designate suitable Treating Clinicians and treatment facilities at which players entering the Program will be treated ("Treatment Facilities"), at the time of the adoption of the initial Policy (September 1, 1994) many NFL teams had existing relationships with suitable Treating Clinicians and Treatment Facilities. In such cases, there was a presumption that the Treating Clinicians and Treatment Facilities being used by NFL clubs on September 1, 1994 were suitable. Notwithstanding the foregoing, the Medical Director may

terminate the Program's relationship with any Treating Clinician or Treatment Facility if the Medical Director determines that such clinician or facility is unable to satisfy the medical requirements or other demands of this Policy. No Treatment Facility may be terminated until a replacement Treating Facility has been agreed upon. If the Parties are unable to agree upon a successor Treatment Facility within four (4) months of the notice from the Medical Director to the Parties of his desire to terminate a Treatment Facility, the matter shall be referred to the Medical Director and the Medical Advisor, who shall promptly select and consult with a third physician who is neither an Interested Party nor affiliated with an Interested Party; after consultation, the three physicians together will jointly choose a successor Treatment Facility as soon as practicable.

B. Confidentiality

1. Program Information.

The Medical Advisor, Medical Director, Administrator, Team Substance Abuse Physician, Program Toxicologist and all employees and consultants of the NFL, the NFL Management Council, the NFLPA (including its employees, members and Certified Contract Advisors), the Evaluating Clinicians, the Treating Clinicians and the NFL clubs ("Interested Parties") shall take reasonable steps to protect the confidentiality of information acquired in accordance with the provisions of this Intervention Program, including but not limited to the history, diagnosis, treatment, prognosis, test results, or the fact of participation in the Intervention Program of any player or the club(s) who employs or has employed such player ("Intervention Program Information"). Any Intervention Program Information which becomes public information either by authorization of the player or through release by sources other than Interested Parties will, after authorization or release, no longer be subject to the confidentiality provisions of this section. Intervention Program Information about a player revealed by the player to an Interested Party shall not be subject to the confidentiality provisions of this section unless (a) it was disclosed by the player in the context of a clinical evaluation or treatment or was disclosed by the player to an Interested Party in accordance with the terms of this Policy; or (b) the player requests that the Intervention Program Information not be further disclosed by the Interested Party. Intervention Program Information, including but not limited to information learned on appeal, will be shared among Interested Parties only on a need-to-know basis and only in accordance with the terms of this Intervention Program.

2. Program Information Provided to Clubs.

An NFL club that:

- a. has contacted a restricted or unrestricted free agent or that player's Certified Contract Advisor and is considering making an offer to and/or signing such player; or
- b. has contacted another NFL club with regard to a potential acquisition of a player in a trade and is considering making the club an offer for such player; or
- c. is contemplating acquiring a player through the waiver system

may be informed by the Medical Advisor whether such player is subject to suspension the next time he fails to comply with any terms of the Intervention Program and whether or not in the opinion of the Medical Advisor that a failure to comply with the terms of the Intervention Program has occurred at the time of the inquiry that could result in suspension. The Medical Advisor is authorized to disclose such information to the Team Substance Abuse Physician of the inquiring club or to the senior club executive responsible for signing restricted or unrestricted free agents who, in turn, shall share such information only with the club employee(s) or officer(s) who participate in the decision to sign such player. Any club employee or officer who, by reason of such inquiry, is in receipt of the information that the Medical Advisor is authorized to disclose pursuant to this section will immediately become subject to and be bound by the confidentiality provisions established by this Intervention Program.

3. Discipline.

a. Fines: Any Interested Party who violates the confidentiality provisions of this Intervention Program may be fined a minimum of \$10,000 up to a maximum of \$500,000. Fines under this section shall be imposed by the Commissioner for individuals subject to his disciplinary authority and by the Executive Director of the NFLPA for individuals subject to his disciplinary authority. In the event the current disciplinary procedures of the NFLPA would not permit the levying of the fines prescribed herein, such procedures will be amended as soon as possible so as to authorize the disciplinary measures set forth in this paragraph.

b. Determination: Any player who believes that there has been a breach of the Intervention Program's confidentiality provisions as set forth in this section may report such violation to the Commissioner with respect to those individuals for whom he has authority to levy fines and the NFLPA's Executive Director with

respect to those individuals for whom he has authority to levy fines to make a determination of whether a violation has occurred and the amount of the fine. The provisions of this section shall be the sole remedy available to a player aggrieved by an alleged violation of the Intervention Program's confidentiality provisions.

C. Testing for Substances of Abuse

All testing for substances of abuse of NFL players either under contract with an NFL club or seeking a contract with an NFL club is to be conducted under the direction of the Medical Advisor pursuant to this Intervention Program ("Testing" or "Tests"). Before entering an Intervention Stage, players shall be tested only for benzoylecognine (cocaine); delta 9-THC-carboxylic acid (marijuana); amphetamine and its analogs; opiates (total morphine and codeine); and phencyclidine (PCP) (the "NIDA Five"). After a player enters any stage of the Intervention Program, Testing for substances of abuse, in addition to the NIDA Five, shall be at the discretion of the Medical Director in accordance with the terms of this Intervention Program.

1. Types of Testing

a. Pre-Employment: Unless otherwise required by this Policy, a pre-employment Test may be administered to:

(1) A rookie or veteran player desirous of signing a contract with an NFL club who:

(a) was not under contract to his last NFL club on the date of its last game of the immediately preceding season; and

(b) has not had a Test in the four month period prior to his pre-employment Test.

The Medical Advisor may inform any club contemplating signing a player who has been tested under the provisions of this subsection of the results of such pre-employment Test;

(2) A veteran player desirous of signing a contract with an NFL club who:

(a) was under contract with another NFL club on the date of its last game of the immediately preceding season; and

(b) agrees with the club with whom he is seeking employment, prior to the execution of a new NFL Player Contract to submit to a pre-employment Test.

(3) Draft-eligible players at the annual timing and Testing sessions.

b. Pre-Season: All players under contract with an NFL club will be tested once during the period beginning May 1 and continuing through August 20. Testing in the pre-season may be done on a team-wide basis or by position groups at the discretion of the Medical Advisor but not on an individual-by-individual basis. However, a player who is excused by the Medical Advisor from the scheduled team-wide or position's group Test may be tested individually but only if such Test takes place before the first regular season game absent a showing of extenuating circumstances. A player who is signed or otherwise acquired after the date of the pre-season Test that would have applied to him may be given the pre-season Test individually if such player has not already been given the pre-season Test even though the Test must take place after August 20.

c. Intervention Stages: All players in an Intervention Stage will be required to provide a specimen when determined by the Medical Advisor. For players in Intervention Stage One, the Medical Director will determine the frequencies of Tests for each player; for players in Intervention Stages Two and Three, the Medical Advisor will determine the frequencies of Tests subject to the minimums and maximums for each Stage.

d. Testing by Agreement: An NFL club and a player may agree that such player will submit to unannounced Testing during the term of said player's NFL Player Contract provided that the club has a reasonable basis for requesting such agreement. A Positive Test (as hereinafter defined) as a result of such Testing shall be reported to the Medical Director and shall result in the player's entering Stage One of the Intervention Program. Once a player enters an Intervention Stage the number of Tests that a player will be required to take will be determined by the Medical Director or the Medical Advisor, as set forth herein -- not by the terms of the player's NFL Player Contract. Upon being dismissed from the Intervention Stages, a player's NFL Player Contract will govern the number of Tests that he is subjected to. All such individually negotiated Testing shall be conducted under the direction of the Medical Advisor and not the club. In cases of individually negotiated Testing, the Medical Advisor and other Interested

Parties will continue to be bound by the confidentiality provisions established by this Policy.

2. Testing Laboratory

A central laboratory certified by the Substance Abuse and Mental Health Services Administration ("SAMHSA Lab") will analyze all urine specimens for substances of abuse. NFLPA shall have a right to review the Policy's SAMHSA Lab annually. Although the NFLPA will have the right to terminate the SAMHSA Lab for cause at any time, no such termination will be effective unless and until the Parties have agreed on a successor laboratory. If no such successor laboratory is agreed upon within six months of date on which the NFLPA gives notice of its desire to terminate, the matter shall be referred to the Medical Director and the Medical Advisor, who shall promptly select and consult with a third physician who is neither an Interested Party nor affiliated with an Interested Party; after consultation, the three physicians together will jointly choose a successor laboratory as soon as is practicable.

3. Testing Procedures

a. Application. The following Testing procedures are applicable to all Testing performed in all Stages of the Intervention Program except certain unique Stage One procedures which are as follows:

(1) Unique Stage One Testing Procedures. A player in Stage One shall be tested as frequently as the Medical Director requests. In Stage One, there shall be no right to challenge the results of the Test and the Medical Director shall determine in his discretion whether failure or refusal to Test or an attempt to tamper with the results constitutes a player's failure to comply in Stage One subjecting the player to the discipline set forth in Section E(1)(b)(2)(c). Except as set forth above, all other procedures set forth in this Section C(3) shall be applicable to Stage One Testing.

b. Collection of Sample. At the time of his Test, the player will furnish a urine specimen to a member of the Intervention Program's collection team who acts under the direction of the Medical Advisor ("Substance Abuse Program Coordinator") which shall be split into an "A" bottle and a "B" bottle. To prevent evasive conduct, all specimens will be collected under observation. Specimens will be shipped in collection bottles sealed with tamper-resistant seals. All bottles will be identified by a control identification number, not by the player's name. The player will be asked to witness the entire procedure and then to sign the donor's statement on the chain-of-

custody form. For more detailed information, refer to Appendix A ("Testing Procedures").

c. Concentration Levels. Tests will be deemed positive if they are confirmed by laboratory analysis at the following urine concentration levels: benzoylecognine (cocaine) -- 150 ng/ml; delta 9-THC-carboxylic acid (marijuana) --15 ng/ml; amphetamine and its analogs -- 300 ng/ml; opiates -- 300 ng/ml (total morphine and codeine); phencyclidine (PCP) -- 25 ng/ml; alcohol -- .06g/dl (%). Alcohol Testing will be conducted only in the context of clinical monitoring or as otherwise provided herein. Any Treatment Plan may include the provision for urine toxicology analysis for other substances not enumerated here and Tests will be deemed positive if they are confirmed by laboratory analysis at standard urine concentration levels recommended by the Intervention Program Toxicologist and agreed to by the Parties. Any such positive test, as referenced in this subsection, shall hereinafter be referred to as a "Positive Test."

d. Notification. Once a Positive Test result is confirmed, the Medical Advisor will notify the player, the Medical Director and the Team Substance Abuse Physician. The Team Substance Abuse Physician may not disclose the fact of a Positive Test except in accordance with the terms of this Policy.

e. Test of Split Sample. Any player Testing positive from the first or "A" bottle of his split sample may, within two days of receiving notification of his positive Test, ask the Medical Advisor for a Test of the other portion of his specimen from the second or "B" bottle. The "B" bottle Test is to be performed within ten working days of such request. The player may not be present at the "B" bottle Test, but, at his own expense, he may be represented at the "B" bottle Test by a qualified toxicologist not affiliated with a commercial laboratory. The "B" bottle Test will be performed at the same laboratory that did the original Test, but will be performed by a laboratory employee other than the one performing the original confirmation Test on the "A" bottle. The "B" bottle Test need only show that the substance, revealed in the "A" bottle Test, is evident to the "limits of detection" to confirm the results of the "A" bottle Test.

f. Failure or Refusal to Test. The Medical Advisor will be responsible for scheduling all Tests and for ensuring that players are notified when individual Testing will take place. All such Tests will be scheduled for a time within 24 hours of notification and a specimen must be produced within 4 hours of the time of the

scheduled Test. A failure or refusal to appear for required Testing at the time selected by the Medical Advisor without a valid reason as approved by the Medical Advisor or to cooperate fully in the Testing process as determined by the Medical Advisor will be deemed the equivalent of a Positive Test. In addition, a deliberate effort to substitute, dilute, adulterate a specimen; or to alter a Test result; or to engage in prohibited doping methods² will be treated as a Positive Test and may subject a player to additional discipline by the Commissioner.

All players in an Intervention Stage who become unavailable for Testing due to travel, temporary or permanent change of residence, prior commitments, or otherwise, are required to notify the Medical Advisor in advance of such unavailability so that the Medical Advisor can schedule accordingly if such request is reasonable. If a player fails to provide the Medical Advisor with an address and telephone number where he can be contacted, and, as a result, such player cannot be contacted when the Medical Advisor requires that a Test be administered or the player cannot be contacted at the address and telephone number provided to the Medical Advisor, the player's failure to notify the Medical Advisor or inability to be contacted shall be considered a Positive Test.

D. Entrance Into the Intervention Stages

1. Entrance.

All NFL players shall be eligible for entrance into the Intervention Stages. Such eligibility will not be affected by termination or expiration of a player's contract subsequent to entry into the Intervention Stages. Players enter Stage One of the Intervention Program by a Positive Test, Behavior or Self-Referral more fully described as follows:

a. Positive Test. Urine or blood toxicology Tests that meet the concentration levels set forth in Section C(3)(c).

b. Behavior. Behavior, including but not limited to a substance abuse-related arrest, which, in the judgment of the Medical

² For purposes of this Policy, "prohibited doping methods" shall be defined as follows: Ingestion or injection of banned substances, or of products containing banned substances.

Pharmacological, chemical or physical manipulation by, for example, catheterization, urine substitution, tampering, or inhibition of renal excretion by, for example, probenecid and related compounds.

Director, exhibits physical, behavioral, or psychological signs or symptoms of substance abuse.

c. Self-Referral. A player who personally notifies the Medical Director of his desire to enter voluntarily Stage One of the Intervention Program prior to his being notified to provide a specimen leading to a Positive Test or prior to behavior of the type described in Section D(1)(b) becoming known to the Medical Director from a source other than the player shall be a participant in Stage One as a Self-Referred Player. Rather than notifying the Medical Director personally, the Player may initiate such notice by first contacting his Team Physician for the purpose of self referral to Stage One of the Intervention Program. In order to effectuate a valid Self-Referral, the Team Physician must establish personal contact between the self-referring player and the Medical Director as soon as possible after being contacted by the player. Any information provided to the Team Physician by the player and disclosed by the Team Physician to the Medical Director for the purpose of establishing such contact will not be considered information from "a source other than the player" as described in c(2) below. A Team Physician may not provide substance abuse treatment for any player or facilitate substance abuse treatment which is not provided by a Treating Clinician. Substance abuse treatment shall be provided only by a Treating Clinician in accordance with this Policy. A player will no longer be considered a Self-Referred player, but rather as a mandatory entrant into Stage One if:

- (1) the player has a Positive Test (other than a Positive Test conducted pursuant to a Self-Referred player's Treatment Plan); or
- (2) if the Medical Director is informed by a source other than the player that the player has engaged in behavior of the type described in Section D(1)(b) regardless of the fact that the player has previously informed the Medical Director of this behavior; or
- (3) the fact of a player's self-referral becomes public knowledge.

A Self-Referred player may not be fined under this Intervention Program prior to the time of his mandatory entrance into the Intervention Stages. Self-Referred players will be advised when the Medical Director determines that notification to the Team Substance Abuse Physician is medically advisable and the player

will be given the option either to permit such notification or to withdraw from the Intervention Stages without such notification.

2. Continued Participation.

A player who enters the Intervention Stages will remain in the Intervention Stages until the player is dismissed or released in accordance with the terms set forth herein. All such players must continue to comply with the conditions of the Intervention Program. Notwithstanding the foregoing, (1) a player who has never been on a club roster for a regular or post season game ("Never-Rostered Player") is not required to comply with the terms of his Treatment Plan, if any, or submit himself for Testing after his release; and (2) a veteran who is not under contract with a club ("Non-contract Veteran") must comply with the conditions of the Intervention Program for a year after the expiration of his last contract or receipt by the Administrator of written notification of his retirement, whichever is sooner.

After a Non-contract Veteran notifies the Administrator of his retirement from football, he does not have to comply with the terms of his Treatment Plan; however, if after retiring from football, he signs a contract to play for an NFL club prior to the first anniversary date of the expiration of his last contract with an NFL club, he will be deemed not to have complied with the terms of his Treatment Plan and be disciplined for a violation of his Treatment Plan in accordance with the terms of this Policy. Non-contract Veterans who either have not been under contract with an NFL club for a year or have notified the Administrator of their retirement and Never-Rostered Players are not required to comply with their Treatment Plans, but if they return to the NFL as a player, they will reenter the Intervention Program at the same place in the Intervention Program as when they left except as set forth above.

E. Intervention Stages

1. Stage One.

a. Procedures.

(1) Intervention Evaluation: A player entering Stage One of the Intervention Program will be referred to a Regional Team which shall evaluate the player promptly. Based upon the Regional Team's evaluation, the Medical Director, in his discretion, shall determine whether the player should be referred for appropriate clinical intervention and/or treatment (including inpatient treatment at a Treatment Facility selected by the Medical Director as being qualified to treat the player's particular needs) and subsequent development of a Treatment Plan.

(2) Treatment Plans: If the Medical Director determines that a player should be referred for appropriate clinical intervention and/or treatment, the player's Treating Clinician shall develop a Treatment Plan for the player. The Medical Director, after review by the Regional Psychiatrist, shall determine whether the proposed Treatment Plan is an acceptable Treatment Plan for the purpose of affording the player the benefits of the Intervention Program. Notwithstanding the foregoing, the Treating Clinician is solely responsible for the care of the player. A player who fails to adhere to his Treatment Plan approved by the Medical Director or fails to execute a Consent to Exchange Intervention Program Information shall be subject to the disciplinary and stage advancement provisions set forth below.

(3) Testing: In Stage One, the Medical Director may require the player to submit to as many Tests for substances of abuse as, in his discretion, are required to adequately evaluate the player, and those Tests shall be administered under the direction of the Medical Advisor.

b. Duration:

(1) Time Limitation: Players will remain in Stage One for a period not to exceed 30 days, provided, however, that the Medical Director, in consultation with the Medical Advisor, may extend the total time a player is in Stage One up to six months. If, due to unusual and compelling circumstances,

the Medical Director determines that a period in excess of six months is required, the six month period may be extended with the concurrence of the Medical Advisor.

(2) Advancement to Stage Two: Subject to the time limitations set forth in Section (1) above, the Medical Director will determine how long a player will remain in Stage One. No player will be either advanced from Stage One to Stage Two or dismissed from the Intervention Stages without notification to the player by the Medical Director.

(a) Behavior Evaluation. A player who is referred to Stage One solely for Behavior and who upon evaluation in Stage One is deemed by the Medical Director not to require specific clinical intervention and/or treatment will immediately be released from any further obligations to participate in the Intervention Stages and will thereafter assume the same status as players who have never been referred to the Intervention Stages. However, a player who is referred to Stage One solely for Behavior, and who upon evaluation in Stage One, is deemed by the Medical Director to require specific clinical intervention and/or treatment, is required to comply with a Treatment Plan and advance to Stage Two upon notification to the player by the Medical Director.

(b) Positive Test Evaluation. A player who is referred to Stage One by reason of a Positive Test, and who, upon evaluation in Stage One is deemed by the Medical Director not to require specific clinical intervention and/or treatment will advance to Stage Two upon notification to the player by the Medical Director, will be subject to Stage Two Testing by the Medical Advisor, but will not have a Treatment Plan. However, a player who is referred to Stage One by reason of a Positive Test and is deemed by the Medical Director to require specific clinical intervention and/or treatment, is required to comply with a Treatment Plan and will advance to Stage Two upon notification to the player by the Medical Director.

(c) Discipline. If the Medical Director, after consultation with the Medical Advisor, determines in his discretion that a player in Stage One has failed to cooperate with the evaluation process or fails to

comply with his Treatment Plan, both the NFL Management Council and the NFLPA shall be notified and the player will be subject to an immediate fine equal to three-seventeenths (3/17) of the amount in Paragraph 5 of the NFL Player Contract and he will be placed in Stage Two upon notification by the Medical Director.

2. Stage Two

a. Procedures.

(1) **Advancement:** A player will advance from Stage One to Stage Two after notification by the Medical Director or expiration of the Stage One time limitations.

(2) **Compliance with Treatment Plan:** A player in Stage Two must comply with the terms of his Treatment Plan, if any, developed in Stage One and as may be amended in Stage Two.

(3) **Testing:** All players in Stage Two will be subject to unannounced Testing no fewer than twice and no more than ten times per month. Such Testing shall include Testing for the NIDA Five and alcohol, but in addition Tests for other substances of abuse will be conducted if the player's Treatment Plan requires abstention from such substances.

(4) **Evaluation:** A player, while undergoing Stage Two Testing, may be required to submit to further evaluation and subsequent treatment at the discretion of the Regional Psychiatrist, subject to the Medical Director's final determination.

b. Discipline.

(1) **Discipline for First Failure to Comply in Stage Two:** A player who has a Positive Test or who in the judgment of the Medical Director fails to comply with his Treatment Plan during Stage Two will be subject to:

(a) A fine of four-seventeenths (4/17) of the amount in Paragraph 5 of the NFL Player Contract if the player has successfully completed Stage One; or

(b) A suspension for the period of time to cover four consecutive regular season and post-season (including Pro Bowl, if selected) games without pay if he did not successfully complete Stage One; and

(c) The NFL Management Council and the NFLPA shall be notified.

(2) Discipline for Second Failure to Comply in Stage Two: A player who has two Positive Tests in Stage Two; or fails twice, as determined by the Medical Director, to comply with his Treatment Plan in Stage Two; or has a Positive Test and fails to comply with his Treatment Plan, as determined by the Medical Director, will incur:

(a) A suspension for the period of time to cover four consecutive regular and post season games (including the Pro Bowl, if selected) without pay if the player was fined pursuant to E(2)(b)(1)(a) above; or

(b) A suspension for the period of time to cover six consecutive regular and post season games (including the Pro Bowl, if selected) without pay if the player was suspended pursuant to E(2)(b)(1)(b) above; and

(c) The NFL Management Council and the NFLPA shall be notified.

c. Duration of Stage Two: A player will remain in Stage Two for twenty-four months or two full seasons, whichever is shorter, beginning from the later of either the date of entry into Stage Two; or the date upon which a player first has a Positive Test or otherwise fails to comply with the Treatment Plan after entering Stage Two. Notwithstanding the foregoing, without any notice a player will be automatically and immediately advanced to Stage Three if while in Stage Two he has any of the following:

(1) two Positive Tests,

(2) two instances in which he fails to comply with his Treatment Plan, or

(3) one Positive Test and one instance of a failure to comply with his Treatment Plan while in Stage Two.

3. **Completion of Stage Two:** A player who completes Stage Two without being advanced to Stage Three will be afforded the same status as a player who had never by Behavior or a Positive Test been referred to the Intervention Stages, except that the Medical Director and the Medical Advisor may agree to extend the period of Stage Two for any player.

4. Selected players will be asked each week to spend a few minutes after practice on Friday or Saturday with the announcers from the network televising your game. In addition, one player each week will be requested to speak to a group of reporters in the city of your upcoming opponent by telephone conference call.

5. **Stage Three**

a. **Procedures for Stage Three.**

(1) **Term:** A player in Stage Three will remain in Stage Three for the remainder of his NFL career.

(2) **Compliance with Treatment Plan:** A player in Stage Three must comply with the terms of his Treatment Plan, as required in Stage Two and as may be amended in Stage Three.

(3) **Testing:** A player in Stage Three will be subject to unannounced Testing no fewer than twice and no more than ten times per month for three complete NFL seasons following the player's entry into Stage Three. Such Testing shall include Testing for the NIDA Five and alcohol, but in addition Tests for other substances of abuse will be conducted if the player's Treatment Plan requires abstention from such substances. The Medical Advisor, after consultation with the Medical Director, may extend or resume this period of Testing.

(4) **Evaluation:** A player, while undergoing Stage Three Testing, may be required to submit to further evaluation and subsequent treatment at the discretion of the Regional Psychiatrist, subject to the Medical Director's final determination.

b. Discipline.

(1) Discipline for Failure to Comply in Stage Three: The NFL Management Council and the NFLPA will be notified when a player has a Positive Test in Stage Three or fails to comply with his Treatment Plan, as determined by the Medical Director, and the player will be banished from the NFL for a minimum period of one calendar year.

(2) Banishment: A player banished from the NFL pursuant to subsection E(3)(b)(1) above will be required to adhere to his Treatment Plan and the provisions of this Intervention Program during his banishment. During a player's period of banishment, his contract with an NFL club shall be tolled.

c. Reinstatement.

(1) Criteria: After the completion of the one-year banishment period, the Commissioner, in his sole discretion, will determine if and when the player will be allowed to return to the League. A player's failure to adhere to his Treatment Plan during his banishment will be a significant consideration in the Commissioner's decision of whether to reinstate a player. A player seeking reinstatement must meet certain clinical requirements as determined by the Medical Director and other requirements as set forth in Appendix B.

(2) Procedures After Reinstatement: If a player is reinstated, he will remain in Stage Three for the remainder of his NFL career, subject to continued Testing and indefinite banishment. A player allowed to return to the NFL following a banishment must participate in continued treatment under this Intervention Program as required by the Medical Director.

F. Notice

Players who are in any of the Intervention Stages are required to provide the Medical Advisor and the Medical Director with an address and telephone number where they can be reached at all times and the Medical Advisor shall attempt to notify the player using the method that is reasonably calculated to provide notice to the player in a timely manner. Any notice required to be provided to a player under this Policy will be deemed to be delivered on the earlier of (1) four business days after mailing by regular mail to the address either provided by the player pursuant to this Section or maintained by the player's club or (2) actual delivery or notice which for purposes of this Policy shall be deemed to have

occurred at the time that a voice mail is left at the telephone number provided by a player or that a Federal Express or other similar means of overnight delivery, waiving signature, is delivered to the address provided by a player.

II. Discipline for Violation of Law Related to Substances of Abuse Other Than Alcohol

A. Additional Commissioner Discipline.

Apart from and in addition to any other provisions of this Policy, players convicted of or admitting to a violation of law (including within the context of a diversionary program, deferred adjudication, disposition of supervision, or similar arrangement including but not limited to nolo contendere) relating to use, possession, acquisition, sale, or distribution of substances of abuse other than alcohol, or conspiring to do so, are subject to appropriate discipline as determined by the Commissioner. Where appropriate, such discipline may include substantially longer suspensions than those set forth below.

B. Discipline for Violations of the Law.

A player will normally be subject to discipline up to and including suspension without pay for four regular and/or post-season games for a first violation of the law related to substances of abuse other than alcohol and for six regular and/or post-season games for a second violation of the law related to substances of abuse other than alcohol. A player's treatment history may be considered by the Commissioner in determining the appropriate degree of discipline. The suspension period may be extended if medically necessary, and, if extended, may involve mandatory treatment if required by the Medical Director.

III. Discipline for Alcohol-Related Violations of Law or Abuse of Alcohol

A. Abusive Consumption.

Although alcoholic beverages are legal substances, when consumed abusively they can produce or contribute to conduct that is unlawful and threatens the health and safety of players and other persons. Such conduct is detrimental to the integrity of and public confidence in the NFL and professional football. In addition, the abusive consumption of alcoholic beverages may indicate a substance abuse problem that requires medical attention.

B. Alcohol-Related Offenses.

The Commissioner will review and may impose a fine, suspension, or other appropriate discipline if a player is convicted of or admits to a violation of the law

(including within the context of a diversionary program, deferred adjudication, disposition of supervision, or similar arrangement including but not limited to nolo contendere) relating to the use of alcohol. Absent aggravating circumstances, discipline for a first offense will generally be a fine of one-half of one-seventeenth (1/17) of the amount in Paragraph 5 of the NFL Player Contract to a maximum of \$20,000. If the Commissioner finds that there were aggravating circumstances, including but not limited to felonious conduct or serious injury or death of third parties, and/or if the player has had prior drug or alcohol-related misconduct, increased discipline up to and including suspension may be imposed. Discipline for a second or subsequent offense is likely to be a suspension, the duration of which may escalate for repeat offenses.

IV. Imposition of Fines and Suspensions.

A. Fines

1. Computation and Collection of Fines.

a. Computation. A club shall collect any player fine imposed pursuant to this Policy in equal installments over the remaining pay periods of the season in which the fine is imposed in equal installments of no more than one-half of the player's gross salary; however, a player's salary shall not be reduced to such an extent that his take home pay is less than thirty percent (30% of amount in Paragraph 5 of the NFL Player Contract or \$10,000 whichever is lower. The amount of the fine shall be calculated using the player's contract at the time of his failure to comply with the terms of the Policy or his last contract if not under contract to an NFL Club at the time of his failure to comply. If a fine covers two seasons, the fine shall be computed using an average of the player's Salary for both seasons. Any deferred compensation attributable to a game missed due to suspension or to a fine period shall be reduced or eliminated as appropriate. Any fines imposed for violations of this Policy shall be applied to the costs of the Policy.

b. Split Seasons/Different Clubs. Should a club be unable to collect the full amount of the fine during the season of its imposition, the remaining portion of the fine shall be collected the following season(s). If, at the beginning of the next regular season, the player is under contract to the same club, the remainder of the fine imposed pursuant to this Policy will be collected by said club in equal installments of no more than one-half of the player's gross salary, if necessary, for each pay period until the fine is paid in full; however, a player's salary shall not be reduced to such an extent

that his take home pay is less than thirty percent (30%) of amount in Paragraph 5 of the NFL Player Contract or \$10,000 whichever is lower. If, at the beginning of the next regular season, the player is under contract to a different club, the remainder of the fine imposed pursuant to this Policy will be collected by the new club in equal installments of one-half of the player's gross salary for each pay period until the fine is paid in full; however, a player's salary shall not be reduced to such an extent that his take home pay is less than thirty percent (30%) of amount in Paragraph 5 of the NFL Player Contract or \$10,000 whichever is lower. If, at the beginning of the next regular season, the player is not under contract to any NFL club, the remainder of the fine imposed pursuant to this Policy may be recovered from any monies still owing from the League, or any of its clubs, to the player, including any salary or other form of compensation remaining owed pursuant to paragraphs 5 and 24 of a prior NFL Player Contract, any deferred compensation and any termination pay.

2. Prohibition Against Club Payment of Fine.

No club shall be permitted to pay any fine imposed pursuant to this Policy for or on behalf of a player so fined, nor shall a club be permitted to increase such player's compensation so as to cover, in whole or in part, the total amount of the fine.

B. Suspensions

1. Suspension Procedures.

During any suspension, the player may not participate with his team in any way (including but not limited to joint press conferences with team officials on or off club premises; provided, however, that the suspended player may see his Treating Clinician for treatment purposes on club property but must vacate the premises immediately following termination of the treatment session with the Treating Clinician), and will not receive any pay, including pay for any post-season game that he misses because of his suspension, except as provided by Article XLII, Section 4 of the 1993 CBA. Notwithstanding the foregoing, if a bye week occurs during a suspension period, the player will receive his compensation for the bye week in equal installments over the remainder of the season after expiration of his suspension for as long as he is under contract with the club that he was under contract with at the time of the commencement of his suspension. The disciplinary period will begin on the date set in the League's notification to the player of his suspension, subject to any appeal. If there are fewer than the prescribed number of games remaining when the suspension begins, including any post-season games for which

the club qualifies, the suspension will continue into the next regular season until the prescribed number of games has been missed. In all suspensions (other than a banishment imposed pursuant to Stage Three of the Intervention Program), the player shall be eligible to participate in all off-season (not including post-season games) and pre-season team functions, training programs, practices, pre-season games and meetings, up to and including the date of the team's last pre-season game in the next NFL season. The suspension period may be extended if medically necessary, and, if extended, may involve mandatory treatment if required by the Medical Director in his discretion.

2. Post-Season Treatment of Suspension or Fine

Any suspension without pay imposed pursuant to the terms of this Policy shall include post-season games played by his team if, at the time of suspension, an insufficient number of games remain in the regular season to satisfy the period of suspension. Similarly, any fines remaining owed at the conclusion of the regular season will continue to be deducted from a player's post-season compensation, if any, in accordance with the provisions of Section 1 above, except as provided below. If a player would otherwise qualify for a payment of post-season compensation pursuant to Article XLII, Section 4 of the 1993 CBA, such post-season pay shall not be affected by administrative actions imposed pursuant to the terms of this Policy.

3. Examination In Connection With Reinstatement

A player seeking reinstatement from any suspension imposed under this Policy must be given a physical examination and physically cleared by the Team Substance Abuse Physician before he may participate in contact drills or in a game. Such examination shall not include drug Testing.

V. Appeal Rights

Any dispute concerning the application, interpretation or administration of this Policy (hereafter "grievance") shall be resolved exclusively and finally through the following procedures.

A. Presentation of Grievances

1. Disciplinary Appeals.

Any player who is notified by the NFL Management Council that he is subject to a fine or suspension (hereafter "discipline") for violation of the terms of this Policy may appeal such discipline directly to the

Commissioner. A player must do so in writing within five (5) days of receiving notice from the League Office that he is subject to discipline. In his appeal, the player may not present grievances that have not been raised in a timely manner in accordance with this Article V.

2. Other Appeals.

Any player who has a grievance over any aspect of the Policy other than discipline, including but not limited to claims of disparate treatment, must present such grievance to the NFLPA (with a copy to the NFL Management Council) within five (5) days of when he knew or should have known of the grievance. The NFLPA will endeavor to resolve the grievance in consultation with the NFL Management Council. Thereafter, the NFL Players Association may, if it determines the circumstances warrant, present such grievance to the Commissioner for final resolution. Such appeal must be presented to the Commissioner no later than thirty (30) days after the player's presentment of the grievance to the NFLPA.

3. Stays.

With the sole exception of the imposition of discipline, no other requirements of this Policy will be stayed pending the outcome of an appeal.

B. Conduct of Appeals Before the Commissioner

1. Hearing.

The Commissioner will designate a time and place for a hearing (either in person or by telephone), at which either he or his designee will preside. A player may be accompanied by counsel and present relevant evidence or testimony in support of his appeal.

2. Effect of Pendency of Appeal.

A fine or suspension that has been timely appealed shall not take effect until completion of the player's appeal. However, the pendency of a grievance or appeal shall not excuse a player from compliance with any other aspect of the Policy.

3. Discovery.

In presenting a grievance or appeal concerning this Policy, the player shall be entitled to access to only the information upon which the decision to impose disciplinary action was based; however, in no event will a player

have access to records or reports concerning the participation in or application of this Policy to any other player.

4. Procedural Disputes.

The Commissioner shall have exclusive and final authority to resolve all issues affecting the presentation of grievances and the conduct of appeals, including the timing and location of the hearing, the timeliness of grievances and appeals, access to information, and the relevance of evidence.

5. Witness.

A player's Treating Clinician may not testify at an appeal hearing unless the Medical Director, after consultation with the Treating Clinician, verifies that the Treating Clinician will testify as to matters that only the Treating Clinician has knowledge.

6. Issues on Appeal.

At least 96 hours prior to the hearing, the player or his representatives must present a statement of issues known to the player or his representatives at that time to be argued on appeal. Notwithstanding the foregoing, the player or his representatives may argue such other issues if they become known to him after submission of the statement of issues.

7. Commissioner Determination.

Within a reasonable period of time, following the hearing, the Commissioner will issue a written decision which will constitute a full, final, and complete disposition of the appeal and which will be binding on all parties.

VI. Miscellaneous.

A. Alcoholic Beverages and NFL Club Responsibility.

Alcoholic beverages are prohibited in club locker rooms. Clubs are responsible for taking appropriate measures to prevent abuse of alcohol on team flights to and from games.

APPENDIX A

Collection Procedures

Upon reporting to the collection site, a player will be asked to break through a heat-sealed plastic bag containing a urine specimen cup. To prevent evasive conduct, the player will then furnish a urine specimen under observation by a member of the collection team. Thereafter, in the presence of the player, the integrity seal on a sealed collection kit will be broken. This kit will be used to store and ship his urine specimen. The player will be asked to verify that the collection kit was sealed. In the player's presence, the specimen may be split between an "A" bottle and a "B" bottle, and resealed with security seals. The collector will note any irregularities concerning the specimen on the chain-of-custody form, and the player will be asked to sign the chain-of-custody form.

In the pre-season collection process, the player's urine specimen will be divided between two different Testing kits -- one for anabolic steroid Testing and one for substances of abuse Testing.

Once the bottles for substances of abuse have been sealed and the chain-of-custody form has been completed, the bottles will be inserted into containers and placed back into the kit. The kit will then be sealed and sent by Federal Express or similar carrier to the Testing laboratory.

All bottles will be identified by a control identification number. The number on the bottles will be the same as the number on the chain-of-custody form. The Testing laboratories will be unable to associate any specimen with an individual player.

APPENDIX B

Procedures For Making Application For Reinstatement By A Player Banned Under Stage Three Of The Intervention Program

Any player who has been suspended under Stage Three may apply formally in writing for reinstatement no sooner than 60 days before the one-year anniversary date of the letter so suspending him.

The application should include all pertinent information about the player's

- a) Treatment
- b) Abstinence from substances of abuse throughout the entire period of his suspension
- c) Involvement with any substances of abuse related incidents
- d) Arrests and/or convictions for any criminal activity, including substances of abuse related offenses

Set forth below are the procedures to be used when an application is received by the Commissioner.

1. The player will be interviewed by the Medical Director and the Medical Advisor after which a recommendation will be made to the NFL Commissioner with regard to the player's request for reinstatement.
2. The player will execute appropriate medical release forms that will enable the Commissioner's staff and NFLPA Executive Director's staff to review the player's substance abuse history, including but not limited to attendance at counseling sessions (individual, group and family); attendance at 12-step and other self-help group meetings; periodic progress reports; and all diagnostic findings and treatment recommendations.
3. The player will submit to urine Testing by an NFL representative at a frequency determined by the Medical Advisor.
4. The player will agree in a meeting with the Commissioner or his representative(s) to comply with the conditions imposed by the Commissioner for his reinstatement to the status of an active player.

1997

**NATIONAL FOOTBALL LEAGUE
POLICY AND PROCEDURES FOR
ANABOLIC STEROIDS AND RELATED
SUBSTANCES**

**As Agreed by the National Football League Players
Association and the National Football League Management
Council in the current Collective Bargaining Agreement**

JUNE 1997

JUNE 1997

AN OVERVIEW OF NFL STEROID POLICY

WHAT SUBSTANCES ARE PROHIBITED?

- Anabolic Steroids and Related Substances
- Growth Hormones and Beta-2-agonists (Clenbuterol, etc.)
- Human Chorionic Gonadatropin
- Diuretics and Other Masking Agents
- Dietary "Supplements" Containing Prohibited Substances

WHO IS TESTED?

- All players in preseason
- Weekly preseason, regular season and postseason tests, and periodic off-season tests with players selected by computer on a coded or "blind" basis
- Reasonable cause testing for players with prior steroid involvement or where medical or behavioral evidence warrants

WHAT IF I VIOLATE THE POLICY?

- **First Positive Test:** Medical evaluation (if Advisor directs) and suspension for four regular and/or postseason games
- **Second Positive Test:** Medical evaluation (if Advisor directs) and suspension for six regular and/or postseason games
- **Positive Test in Preseason:** Two week preseason suspension in addition to suspension for prescribed number of regular and/or postseason games
- **Third Positive Test:** Minimum one year suspension
- Players will not be paid during suspensions
- Players are subject to discipline for positive tests at any time during the year

WHAT IF I FAIL OR REFUSE TO TAKE A TEST?

- Failure or refusal to take a test will warrant disciplinary action by the Commissioner, as will efforts to evade or distort test results

HOW CAN I APPEAL A TEST RESULT?

- Players may appeal test results and/or discipline to the Commissioner. You will be offered a hearing and may be represented by counsel.

This is only an Overview. You should read carefully the full Policy on Steroids and Related Substance in your Playbook. If you have questions, talk to Dr. John Lombardo, the NFL Advisor on Steroids, or to your trainer or club physician.

JUNE 1997

**NATIONAL FOOTBALL LEAGUE POLICY AND PROCEDURES
RE: ANABOLIC STEROIDS AND RELATED SUBSTANCES**

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**NATIONAL FOOTBALL LEAGUE POLICY AND PROCEDURES
RE: ANABOLIC STEROIDS AND RELATED SUBSTANCE**

1. General Statement of Policy

The National Football League prohibits the use by NFL players of anabolic/androgenic steroids (including exogenous testosterone), human or animal growth hormones, whether natural or synthetic, and related or similar substances. (See Appendix A). For convenience, these substances, as well as masking agents or diuretics used to hide their presence, will be referred to as "steroids".¹ These substances have no legitimate place in professional football. This policy specifically means that:

- **PLAYERS** may not, under any circumstances, have in their systems prohibited substances or masking agents designed to hide the presence of such substances in their systems.
- **COACHES, TRAINERS, OR OTHER CLUB PERSONNEL** may not condone, encourage, supply, or otherwise facilitate in any way the use of steroids or any related substance.
- **TEAM PHYSICIANS** may not prescribe, supply, or otherwise facilitate a player's use of steroids or masking agents.
- **ALL PERSONS**, including players, are subject to discipline by the Commissioner for violation of this policy or of laws relating to possession and/or distribution of steroids, or conspiracy to do so.

The League's concern with steroid use is based on three primary factors. First, steroids threaten the fairness and integrity of the athletic competition on the playing field. Players use steroids for the purpose of becoming bigger, stronger, and faster than they otherwise would be. As a result, steroids threaten to distort the results of games and League standings. Moreover, players who do not wish to use steroids may feel forced to do so in order to compete effectively with those who do use steroids. This is obviously unfair to those players and provides sufficient reason to prohibit steroid use.

Second, the League is concerned with the adverse health effects of steroid use. Although research is continuing, steroid use has been linked to liver, kidney, heart, cholesterol, psychological, orthopedic, reproductive, and other serious health problems.

¹ An illustrative list of prohibited substances (see Appendix A) is attached to this policy. This is only a partial list. Use of any anabolic steroid, growth hormone, or other banned substance is strictly prohibited.

Third, steroid use by NFL players sends the wrong message to young people who may be tempted to use steroids. High school and college students use steroids with increasing frequency, and NFL players should not by their own conduct suggest that such use is either acceptable or safe, whether in the context of sports or otherwise.

The NFL Player Contract specifically prohibits the use of drugs in an effort to alter or enhance performance. The NFL Player Contract and the League's Constitution and Bylaws require each player to avoid conduct detrimental to the NFL and professional football or to public confidence in the game or its players. Steroid use violates both these provisions. In addition, the Commissioner is authorized to protect the integrity of and public confidence in the game. This authorization includes the authority to prohibit use of the substances prohibited by this Policy.

2. Administration of the Policy

As agreed in the 1993 Collective Bargaining Agreement, the program is under the auspices of the NFL Management Council. The program will be directed by the NFL Advisor for Anabolic Steroids ("Advisor"), currently John A. Lombardo, M.D. The Advisor is available to consult with players and team physicians on steroid-related matters, including medical evaluations, treatment, and testing. The Advisor will also oversee the development of educational materials, participate in research on steroids, and serve as chairman of the League's Advisory Committee on Anabolic Steroids.²

3. Testing for Steroids and Related Substances

A. Types of Testing

All testing of NFL players for steroids, including any pre-employment testing, is to be conducted pursuant to this Policy. All urine samples will be collected by an NFL Drug Program Coordinator (DPC) and tested at the appropriate laboratory (see paragraph 3(D) below). Players testing positive in a pre-employment setting will be subject to medical evaluation and clinical monitoring, as set forth in paragraphs 3A, 4C and 11, and to the disciplinary steps outlined in paragraph 6.

Steroid testing will take place under the following circumstances:

Pre-Employment: Consistent with the guidelines set forth above, pre-employment tests may be administered to free agent players (whether rookies or veterans), except for a club's own veteran free agents. In addition, the League will

² The Consulting Toxicologist for Anabolic Steroids ("Consulting Toxicologist") will consult on testing procedures and results, laboratory quality, and other issues referred to him by the Advisor. The Commissioner has also appointed an Advisory Committee on Anabolic Steroids. For more information, see Appendix B ("Personnel").

conduct steroid tests at its annual timing and testing sessions for draft-eligible football players.

Preseason: All players will be tested for steroids at training camp or whenever the player reports thereafter. Such test will be deemed to be part of their preseason physical. In addition, random testing will be conducted during the weeks in which preseason games are played.

Regular Season: Each week during the regular season, players on every team will be tested. By means of a computer program, the Advisor will randomly select the players to be tested from the club's active roster, practice squad list, and reserve list who are not otherwise subject to on-going reasonable cause testing for steroids. The number of players selected for testing will be determined in advance on a uniform basis. Players will be required to test whenever they are selected, without regard to the number of times they have previously been tested.

Postseason: Players on teams qualifying for the playoffs will be tested periodically so long as their club remains active in the postseason. Players to be tested during the postseason will be selected on the same basis as during the regular season.

Off-Season: Players under contract as of January 31 or thereafter who are not otherwise subject to reasonable cause testing may be tested twice during the off-season months. Players to be tested in the off-season will be selected on the same basis as during the regular season, irrespective of their off-season location. Any player selected for testing during the off-season will be required to furnish a urine specimen at a convenient location acceptable to the Advisor. Only players who advise in writing that they have retired from the NFL will be removed from the pool of players who may be tested.

Reasonable Cause Testing For Players With Prior Positive Tests Or Under Other Circumstances: Any player testing positive for steroids in or after 1989, including players testing positive in college or at a scouting combine session, or with otherwise documented prior steroid involvement, will be subject to on-going reasonable cause testing at a frequency determined by the Advisor after consulting with the club physician. Such players will be subject to on-going reasonable cause testing both in-season and during the off-season. Such testing may also be required when, in the opinion of the Advisor, it is warranted by available medical and/or behavioral evidence.

B. Testing Procedures

In-season tests will ordinarily be conducted on two days each week, and each player to be tested will be notified on the day of the test. On the day of his test, the player will

furnish a urine specimen to an NFL Drug Program Coordinator who will be present at the team facility.

To prevent evasive techniques, all specimens will be collected under direct observation. They will be shipped in collection bottles with tamper-resistant seals. Each bottle will be identified by a control identification number, not by the player's name. The player will be asked to witness the procedure and to sign the chain-of-custody form. For more detailed information, see Appendix C ("Testing Procedures").

C. Failure or Refusal to Test

A failure or refusal to appear for required testing, or to co-operate fully in the testing process, will warrant disciplinary action. In addition, a deliberate effort to substitute, dilute, or adulterate a specimen or to alter a test result may subject a player to more severe discipline than would have been imposed for a positive test.

D. Testing Laboratories

Either the Sports Medicine Drug Identification Laboratory at Indiana University Medical School in Indianapolis or the UCLA Olympic Analytical Laboratory in Los Angeles will analyze each specimen collected for anabolic steroids and related substances and masking agents used to hide their presence in a player's urine.

Both laboratories are accredited by the International Olympic Committee for anti-doping analyses and both perform steroid tests for the NCAA, the United States Olympic Committee, and other sports bodies.

Screening and confirmatory tests will be done on state-of-the-art equipment and will principally involve use of GC/MS equipment. In addition, testing will be done for masking agents (including diuretics) as appropriate.

4. Steroids: Procedures In Response to Positive Tests or Other Evaluation (See Appendix D)

A. Notification

Once a positive result is confirmed, the Advisor will notify the player, the team physician, and the League Office. See Appendix D for a full outline of procedures normally followed in the aftermath of a positive test result.

B. Re-test of Split Sample

Any player testing positive from the first or "A" bottle may request a test of the other portion of his specimen from the second or "B" bottle. The test must be performed within 2 to 10 working days of the player's notification of positive result unless otherwise

mutually agreed and confirmed in writing by the Advisor. Failure to request a "B" bottle test by written request to the Advisor within this time constitutes a waiver of the right to that procedure.

At the player's expense, he may observe the re-test and/or may be joined or represented by a qualified toxicologist not affiliated with a commercial laboratory. The re-test will be performed at the same laboratory that did the original test according to the procedures used for the original test and by a technologist other than the one performing the original confirmation test on the "A" bottle.

C. Medical Evaluation

A medical examination such as outlined in Appendix E may be required of any player who tests positive for steroids. The team physician will be instructed to arrange for the evaluation, and the results of this evaluation will be reported to the player, the Advisor, and the team physician. If medical treatment (including counseling or psychological treatment) is deemed appropriate, it will be offered to the player. Players with a confirmed positive test result will also be subject to on-going reasonable cause testing at a frequency to be determined by the Advisor after consultation with the team physician.

The team is responsible for seeing that the player complies with the arrangements of the Advisor for an evaluation as soon as practicable after notification of a positive test. This requirement is in effect throughout the year.

5. Discipline for Violation of Law

Players or other persons within the NFL who are convicted of or admit to violation of law (including within the context of a diversionary program, deferred adjudication, disposition of supervision, or similar arrangement) relating to use, possession, acquisition, sale, or distribution of steroids, growth hormones, or related substances, or conspiring to do so, are subject to discipline by the Commissioner, including suspension or, if appropriate, termination of the individual's affiliation with an NFL club. Any suspension shall be without pay and served as set forth below. Longer suspensions may be imposed for repeat offenders. In addition, players violating this policy by a violation of law will be appropriately placed or advanced within the three-step program. In this respect, players are reminded of federal legislation which criminalizes possession and distribution of steroids. (See Appendix G.)

6. Steroids: Suspension and Related Discipline

Players with a confirmed positive test result will be subject to discipline by the Commissioner. Before a player is reinstated following a suspension, he must test negative for steroids and must be approved as fit for play by his team physician.

Other Prohibited Equipment, Apparel **Article 4** In addition to the several prohibited items of equipment and apparel specified in Article 3 above, the following are also prohibited:

Projecting Objects (a) Metal or other hard objects that project from a player's person or uniform, including from his shoes.

Uncovered Hard Objects, Substances (b) Hard objects and substances, including but not limited to casts, guards or braces for hand, wrist, forearm, elbow, hip, thigh, knee, shin, unless such items are appropriately covered on all edges and surfaces by a minimum of 3/8-inch foam rubber or similar soft material. Any such item worn to protect an injury must be reported by the applicable coaching staff to the Umpire in advance of the game, and a description of the injury must be provided. If the Umpire determines that an item in question, including heavy tape or bandages on hands or forearms, may present undue risk to other players, he may prevent its use at any time before or during a game until the item is removed or appropriately corrected.

Detachable Toe (c) Detachable kicking toe.

Torn Items (d) Torn or improperly fitting equipment creating a risk of injury to other players, e.g., the hard surfaces of shoulder pads exposed by a damaged jersey.

Improper Cleats (e) Shoe cleats made of aluminum or other material that may chip, fracture, or develop a cutting edge. Conical cleats with concave sides or points which measure less than 3/8-inch in diameter at the tips, or cleats with oblong ends which measure less than 1/4- by 3/4-inch at the end tips are also prohibited. Nylon cleats with flat steel tips are permitted.

Improper Tape (f) Opaque, contrasting-color tape that covers any part of the helmet, jersey, pants, stockings, or shoes; transparent tape or tape of the same color as the background material is permissible for use on these items of apparel. Players may use opaque white tape on hands and arms, provided it conforms to 5-3-4(b) above ("Uncovered Hard Objects, Substances") and 5-3-4(h) below ("Improper Glove Color on Linemen"). Opaque tape on shoes is permitted, provided it is the same color as the shoe, and provided it does not carry up into the stocking area.

APPENDIX A

Prohibited Substances

The following substances and methods are prohibited by the National Football League:

I. ANABOLIC AGENTS

A. ANABOLIC/ANDROGENIC STEROIDS:

<u>Generic Name</u>	<u>Brand Names (Examples)</u>
Androstenedione	Androstan, Androtex
Bolasterone	Myagen
Boldenone	Equipoise, Parenabol
Clostebol	Turinabol, Steranabol
Dehydrochlormethyltestosterone	Oral-Turinabol
Dehydroepiandrosterone	DHEA
Dromostanolone	Drolban
Ethylestrenol	Maxibolin, Orabolin
Fluoxymesterone	Halotestin
Furazebol	Miotolon
Mesterolone	Proviron
Methandienone	Dianabol, Methandrostenolone
Methandriol	Andriol
Methenolone	Primobolan
Methyltestosterone	Metandren
Mibolerone	Testorex
19-nortestosterone (Nandrolone)	Deca-durabolin
Oxandrolone	Anavar, Lonovar
Oxymesterone	Oranabol
Oxymetholone	Anadrol
Stanozolol	Stromba, Winstrol, Winstrol V
Testosterone	Andronate
Trenbolone	Finaject

And related substances

B. HUMAN OR ANIMAL GROWTH HORMONE

C. BETA-2-AGONISTS (CLENBUTEROL, ETC.)

D. HUMAN CHORIONIC GONADATROPIN

the urine to greater than 6:1, the test will be considered presumptively positive. Tests showing a ratio greater than 10:1 will be considered conclusively positive. In cases where initial tests reveal a testosterone:epitestosterone ratio that is elevated but not conclusive of steroid use, the Advisor will require the player to submit to on-going reasonable cause testing and other medical procedures, including such additional diagnostic tests as the Advisor reasonably deems appropriate. In addition, the Advisor will be entitled to review any available past and/or current medical or testing records.

In addition, the use of epitestosterone to lower a player's t:e ratio is prohibited. Where such use is detected or reasonably suspected by the Advisor, additional diagnostic tests may be required if the Advisor reasonably deems them necessary.

If on the basis of such follow-up tests, records, prior or subsequent test results, discussions with the player, or other studies, the Advisor subsequently concludes that the test results do in fact reflect the player's use of steroids, the player will be subject to discipline according to the terms of the policy. Such discipline may be imposed within the season of the year in which the positive test occurred, or, if the Advisor prescribes follow-up measures that entail delay in the final determination, in a subsequent season.

8. Supplements and Diuretics

The use of so-called "blocking" or "masking" agents is prohibited by this policy. These include diuretics or water pills, which have been used in the past by some players to reach an assigned weight.

Players are responsible for what is in their bodies, and a positive test will not be excused because it results from the use of a dietary supplement, rather than from the direct use of steroids. For more information concerning dietary supplements, see Appendix F.

9. Examination in Connection with Reinstatement

Prior to reinstatement from any suspension imposed under this policy, a player must be examined by the team physician before he may participate in contact drills or in a game.

10. Appeal Rights

Any player who is notified by the League Office that he is subject to discipline for a violation of this policy is entitled to appeal to the Commissioner. A player desiring to appeal must do so in writing within five (5) days of receiving notice from the League Office that he is subject to discipline.

The Commissioner will designate a time and place for a hearing, at which either he or his designee will preside. A player may be accompanied by counsel and may present relevant evidence or testimony in support of his appeal.

APPENDIX D

Procedures Following Positive or Presumptively Positive Steroid Tests

The following will outline the steps taken in response to the testing laboratory's notification to the Advisor of a confirmed positive test:

1. The Advisor will telephone the laboratory for verification.
2. After verifying the result with the laboratory, the Advisor will match the control identification number with the player's name, and will then notify the player in writing (with copies to the team physician and the League Office) of the positive result, and request that the player call him to discuss the result.
3. If the player wishes to have the "B" sample tested, he will so notify the Advisor.
 - a. The "B" sample test must be conducted within 2 to 10 working days of the player's notification of the positive test..
 - b. The laboratory will report the "B" sample test results to the Advisor, who will in turn report them to the player, the team physician, and the League Office.
4. The Advisor will review the case with the Consulting Toxicologist and the laboratory director.
5. The Advisor will report his findings to the League Office.
6. If the player is subject to disciplinary action, the League Office will so notify him in writing.
7. If the player decides to appeal, he must so indicate in writing to the Commissioner within five (5) days after receiving from the League Office the notice referred to in paragraph 6 above. He should state in his notice of appeal whether or not he desires a hearing.
8. If a hearing is requested, the Commissioner will determine its time and place. Following the hearing, the Commissioner will evaluate the evidence and render a written decision with respect to disciplinary action.

The League will endeavor to conduct and conclude these procedures expeditiously, with appropriate regard to the possible need for follow-up tests or other measures required in the Advisor's judgment, or other extenuating circumstances.

APPENDIX B

Personnel

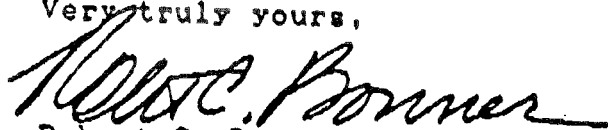
The NFL Advisor for Anabolic Steroids is Dr. John Lombardo. Dr. Lombardo is presently a Professor in the Department of Family Medicine and Medical Director of the Sports Medicine Center at the Ohio State Medical School in Columbus, Ohio. He is also Head Team Physician for the OSU Athletic Department. Before assuming his current position, he was a member of the faculty at the Sports Medicine Center of the Cleveland Clinic. Dr. Lombardo has served as team physician to the Cleveland Cavaliers of the NBA and as an adviser on steroid issues to both the NCAA and the Olympic Committee.

The Consulting Toxicologist for Anabolic Steroids is Dr. Siu Chan of Foothills Hospital in Calgary, Canada.

The Advisory Committee on Anabolic Steroids has been established to advise the Commissioner on issues relating to anabolic steroids. It is chaired by the NFL Advisor for Anabolic Steroids and its members include representatives of the NFL Management Council, the consulting toxicologist, representatives from the laboratories at which testing is performed, a NFL Athletic Trainer, and a NFL Team Physician.

While DEA's primary focus is law enforcement, we also recognize the importance of public education on matters such as these. I would thus appreciate it if you would make this letter directly available to each NFL team, its players, physicians, trainers, and other personnel.

Very truly yours,

A handwritten signature in dark ink, appearing to read "Robert C. Bonner". The signature is fluid and cursive, with a long horizontal stroke at the end.

Robert C. Bonner
Administrator of Drug Enforcement

APPENDIX F

Supplements

Players at times use dietary supplements or training aids to increase their strength. Notwithstanding the promotional claims for these products, they do not undergo the same testing as medications, are not subject to the same quality controls as medications, and the claims of their beneficial effects are not based on scientific evidence. In many cases, no research has been performed to substantiate the claims made concerning these substances.

Players are also reminded that the use of supplements may carry with them a risk of adverse health effects. These substances are sometimes mislabeled or incompletely labeled, and may contain banned or otherwise harmful substances. Thus, players should be cautious in using these unproven substances. You are responsible for whatever is in your body.

The League will not be responsible for claims made by the manufacturers of these products, and will not test the products to verify that they are steroid-free.

Gambling

The subject of bribes and gambling are covered each summer in special training-camp discussions with players by members of the League's Security Department. You should be familiar with Paragraph 15 of your NFL Player Contract (entitled "INTEGRITY OF GAME"), which stresses these and related subjects, as well as with the text of the following sign which is posted in every NFL locker room:

Notice To National Football League Personnel Bribes and Gambling

Among the types of conduct detrimental to the NFL and professional football that call for serious penalties are the following:

1. Accepting a bribe or agreeing to throw or fix a game or illegally influence its outcome;
2. Failing to promptly report any bribe offer or any attempt to throw or fix a game or to illegally influence its outcome;
3. Betting on any NFL game;
4. Associating with gamblers or with gambling activities in a manner tending to bring discredit to the NFL.

Any such conduct may result in severe penalties, up to and including a fine and/or suspension from the NFL for life.

PAUL TAGLIABUE
Commissioner

You should also be aware that the League has a longstanding policy against any advertising or promotional activities by players, clubs, coaches or other management personnel that can reasonably be perceived as constituting affiliation with or endorsement of gambling or gambling-related activities. All club employees, including coaches and players, are prohibited from being associated with such activities through endorsements, commercials, ads, or public appearances. Violators will be subject to appropriate discipline.

Promotional appearances by players, coaches, or other personnel involving casinos, sports books, gambling cruises, or similar activities are not permitted.

Use Of The Helmet

All football helmets in use in the National Football League must carry a special warning label. If your helmet does not have such a label, please see your equipment manager for a replacement. Do not remove existing labels under any circumstances.

Read the warning carefully and heed its message at all times.

ProCap Helmet Device

Set forth below is the complete text of the opinion of the NFL Injury and Safety Panel, delivered to the Commissioner on February 13, 1996, regarding the ProCap helmet device. This opinion still pertains:

The NFL Injury and Safety Panel, in coordination with its Subcommittee on Mild Brain Trauma, has been asked to provide an opinion on the helmet device commonly referred to as the ProCap.

The Panel believes the ProCap presents a theoretical increased risk of injury. Although no formal studies have been performed, the Panel believes that certain characteristics of the ProCap may contribute to catastrophic neck injury, including possible death. The Panel further believes that the ProCap may act as a heat insulator and may potentially contribute to heat exhaustion, heat stroke, and other heat-related injuries or illnesses.

The Panel provides this opinion to expand the information available to players who are considering using the device. Because each player currently is entitled to select his own helmet, within the specifications set forth in the NFL uniform code, players are not prohibited from using the ProCap. However, players should understand that they use the ProCap at their own risk and that the standard helmet manufacturer's warranty may be negated or modified by the use of the ProCap.

Players are encouraged to consult with their teams' medical personnel if they have further questions about the ProCap helmet device.

Tampering With College Players

The term *tampering*, as used within the National Football League, refers to any interference by a club or its employees with another club's relationship with its employees, or any attempt by a club or its employees impermissibly to induce a person to seek employment with that club or with the NFL. The NFL Anti-Tampering Policy as it applies to players is intended to promote the fair and efficient operation of the Collective Bargaining Agreement and League rules regarding acquisition and retention of player talent.

You should be familiar with the Anti-Tampering Policy as it applies to players, and especially the following provision with respect to college players:

No club, nor any person employed by or otherwise affiliated with a club or the League [including a player], is permitted to tamper with college players who are ineligible for selection or participation in the League. Direct or indirect attempts to induce underclassmen to petition the League for special eligibility or to declare to the League their desire to enter the League under the early-graduation rule are prohibited.

Neither you nor anyone who represents you should participate, directly or indirectly, in conduct which might constitute tampering.